Comparing rehabilitation options after stroke

Before choosing a setting, ask how much help the stroke survivor needs during the day and overnight. Then ask each team how it would support an activity the person wants to regain.

When a loved one has a stroke, there is nothing they want more than to get home as quickly as possible. But as a caregiver, you may not always know how to help, what to expect and where to go for care.

The goal of the emergency room care team is to stabilize your loved one's condition and prevent further risk. Once your loved one's condition is considered stable, their care team will likely outline several different locations where they can start stroke rehabilitation to regain their skills and strength.

Several settings may offer stroke rehabilitation. An inpatient rehabilitation hospital or an acute rehabilitation unit may be appropriate when a person needs coordinated therapy, continued medical oversight and nursing. Ask how the team compares that option with skilled nursing, home or outpatient care for your loved one.

Why Inpatient Rehab?

An inpatient rehabilitation hospital may fit someone who needs intensive therapy, nursing and medical supervision and can participate in the program. Compare the support the individual needs with the services each setting can provide.

It's Important to Start Early

The team assesses when it is safe to begin or increase rehabilitation. Ask which activity can be practiced now, which needs supervision and what the therapist will reassess.

If a hospital stay is being considered, ask the referring team to share recent medical notes and therapy assessments. Ask when it is safe to begin, who will contact the family and how returning home or moving to another level of care fits into the rehabilitation plan.

How Lakeview can help

At Lakeview, inpatient rehabilitation combines medical and nursing care with physical, occupational and speech-language therapy. The patient and chosen caregivers can identify the activities that matter most and discuss a plan for returning home.

- Physical therapists who work on problems with movement, balance and coordination
- Occupational therapists who help patients practice eating, bathing, dressing, writing and other daily tasks
- Certified speech therapists who help you recover speech, language, mental and swallowing skills
- Specialists who help you learn to use orthotic and adaptive equipment, such as walkers or canes
- Nutritional counselors
- Case managers and social workers who oversee your care transitions and help connect you with community resources
- Psychologists

Ask the hospital discharge planner whether inpatient rehabilitation is appropriate and which local settings can provide the recommended treatment. Lakeview Admissions can review a referral at (262) 534-8509.

https://www.lakeviewsystem.com/inpatient-rehabilitation
https://www.lakeviewsystem.com/levels-of-care