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BRICKSTONE | HOME | MEADOWS



stjohnsliving.org



Welcome to St. John's Rehabilitation Services

Rehabilitation Services are designed to help guests recover following a hospitalization for injury, surgery, or illness resulting in deconditioning. You receive a specialized therapy program designed to meet your specific needs, including physical, occupational, and speech therapies as indicated by in-depth evaluations. Specialized nursing assistance will help you return to the level of function that you wish to achieve. The ultimate goal of our program is to help you transition to a lower level of care. Following is specific information helpful to your recovery journey.



Therapy

- You have access to a large and recently renovated **therapy gym** on the first floor of the South Building.
- We offer a **wide variety of equipment and training spaces**, including a full-size car for transfer practice and a small apartment for rehabilitation skills in cooking, cleaning, and other instrumental activities of daily living.
- An **initial evaluation** is provided within 24 hours of admission in each specific therapy area that is ordered for you by the medical provider.
- Some of your therapy **may take place in your room**; for example, your occupational therapy rehabilitation services may include assisting you in morning care, bathing, grooming, and dressing.
- You may also receive portions of your therapy **throughout the facility**; for example, practice using stairwells and for longer-distance ambulation.
- Our specially trained rehabilitation team members **get to know you** on a personal level to accommodate your preferences and to ensure you follow through on your therapy plan throughout each day.

Medical Care

- **Our team** of in-house physicians, physician assistants, and nurse practitioners follow you medically to ensure your care is consistent with your goals.
- We will schedule transportation for you to any **follow-up appointments** during your stay. Family members are welcome to meet you at your appointments.
- Our medical team will assist you with **pain management** as you progress through your therapy program.
- **Nursing staff** trained in rehabilitation are scheduled **around the clock** to meet your care needs.
- Nurses will encourage you to **participate in various activities** such as bathing, transfers from bed to chair, walking, etc. as you progress with your rehabilitation plan.
- Nursing staff members can help you meet **rehabilitation goals**, as well as provide other requested support.

Safety and Security

- **Protective Services** is located on the ground floor in the South Building just inside the entrance and adjacent to the South Building Elevators.
- A **locked drawer** is available in your room for storing valuables and there is also a safe available in Protective Services as needed. We strongly discourage you from bringing anything of great value with you.
- South Building Elevators lock when a guest with a **Wander Guard bracelet** is near them causing an alarm to sound. These bracelets are only provided to guests after an assessment indicates it necessary and appropriate. Guests without a bracelet may use all building elevators at will.

Meals and Snacks

- **Hot and cold food choices** are offered for each meal.
- For every meal, you have the **option of eating in the dining room or in your room**, depending on your preference.
- You may wish to have coffee and a small snack in the morning prior to therapy and a larger breakfast when you return to the floor. We are happy to accommodate **special meal requests**.
- **Snacks and drinks** are available around the clock.
- **Special dietary requirements** will be met according to your needs.

Amenities

- **Ground floor updates** in Hastings and Reservoir Buildings feature photos of Rochester-area features of interest.
- A variety of **community events** in our community center, auditorium, and chapel are wired for the hearing impaired.
- Guests can enjoy a treat from our **ice cream parlor** or attend **cocktail happy hour** in the afternoons.
- In-house **salon services** are available for men and women.
- **A gift shop and library** are also popular destinations on the ground floor.
- Weather-permitting, guests can enjoy **outdoor events** or a walk in the fresh air within our enclosed Courtyard or Trinity Garden areas.

Discharge Planning

- Discharge planning **begins on the day of your admission** and is coordinated by the social worker.
- Your **goals of care** are the most important aspect of discharge planning.
- We can assist you by making referrals to lower levels of care or by doing a **home evaluation** to assess any needs you may have for special equipment or accommodations on discharge.
- We will assist you with **ordering equipment** needed upon discharge.
- Should you need to transfer to long-term care following rehabilitation services, we offer you the **option of transitioning to a long-term floor** at St. John's or provide assistance with referrals to other long-term care facilities.



It is our goal is to help you achieve yours.
Thank you for choosing St. John's Home!