

RESTORING HOPE & FREEDOM

Mary Free Bed
Rehabilitation

| at



Sparrow

WE'VE ASKED FOR MARY

YOU HAVE THE RIGHT TO CHOOSE WHERE YOU'LL RECEIVE REHABILITATION.

Mary Free Bed provides the most comprehensive rehabilitative services in the state. Sparrow is the largest provider of inpatient rehabilitation care in mid-Michigan and the region's only Level 1 Trauma Center. Mary Free Bed at Sparrow offers highly-specialized inpatient rehabilitative care for the mid-Michigan region.



RESTORING HOPE & FREEDOM

Rehabilitation takes dedication and hard work. The effort you put into it now will provide the foundation for greater rewards in the future. Research shows the sooner you begin vigorous rehabilitation, the better your outcome will be. If your care plan requires a continuation of rehabilitation, Sparrow offers a full choice of services to support you for your return home. We will develop a plan with you that best fits your needs.

YOUR REHABILITATION TEAM

When you arrive, you'll be assigned a team, led by a rehabilitation physician, that includes nurses, patient care technicians and therapists. Other professionals, including neuropsychologists, dietitians and our wound care team may offer additional support. Our therapy schedule consists of a minimum of three hours per day, for at least five days per week. These hours are spread out over the course of a full day. During your stay, you'll work on strength, balance, cognitive (thinking) and motor skills. These sessions will be conducted both in your private room and in specialized treatment gyms located on the same floor.

YOUR FAMILY

Caretakers or loved ones who will be assisting you at home are welcome to participate in your therapy routine. Sleeping cots are available if you choose to have someone stay in your room. The conveniently-located Jerome Street Guest House provides temporary housing for the families of adults being treated at Sparrow Hospital for serious illnesses or injuries. Availability varies and each situation will be evaluated at the time of admission.





MAKE YOURSELF AT HOME

PATIENT ROOMS

Your private room is designed to enhance your healing, protect your safety and promote rest.

- Beds with mattresses that are comfortable and help maintain healthy skin.
- Overhead lift systems, which are safer for you and your team.
- Bathrooms with secure grab bars and specialty shower chairs.
- Shelves and lockable wardrobes for your belongings.
- Flat-screen, 40" television with a portable DVD player for movies.

DESTINY IS NOT A MATTER OF CHANCE, IT IS A MATTER OF CHOICE

RESTORING. REDEFINING. EMPOWERING.

Your rehabilitation is likely to include time improving everyday living skills, such as operating a washing machine or making lunch. This therapy, which may include adaptive equipment, will help you increase physical function and fine motor skills. Our residential-style apartment is designed to simulate a home environment, with everything from a kitchen and bedroom to a laundry center and bathroom.

GETTING BETTER IS GETTING EASIER

Multiple therapy gyms and private treatment areas are designed to meet your specific goals and foster independence. An indoor, full-sized Chevy Traverse allows you to practice everyday tasks, such as loading and unloading groceries, and getting into and out of a vehicle. A simulated mass transit bus helps you develop skills for navigating public transportation.



A photograph of two senior women in a gym. The woman on the left is wearing a pink jacket, a colorful striped scarf, and a rainbow wristband, smiling and holding hands with the woman on the right. The woman on the right has short grey hair and is wearing a black t-shirt, also smiling and holding hands. They are surrounded by gym equipment like treadmills and weights.

WHERE THE TOUGH GET GOING AGAIN

ORTHOTICS AND PROSTHETICS

We work with local, certified orthotists and prosthetists to restore your function and mobility. Our team will work with you to provide customized braces, artificial limbs and other custom systems based on your needs.

PATIENT SUCCESS

From private rooms to therapy gyms created to simulate home-like environments, every feature of Mary Free Bed at Sparrow is designed to help you achieve the best possible outcome after a debilitating injury or illness. The results speak for themselves. In 2014, our team received an award from Professional Research Consultants for finishing in the 92nd percentile for the “Overall Quality of Care,” a testament to our comprehensive collaborative team approach.



REHABILITATION REIMAGINED

ACTIVITY ROOM

Various amenities and activity tables simultaneously provide entertainment and therapy:

- Xbox gaming
- DVD players and movies
- Board games
- Air hockey
- Shuffleboard
- Foosball
- Pop and snack machines
- Piano

CONFERENCE ROOM & DAYROOM

Our spacious conference room and dayroom each have three, flat-screen, 80" monitors and are adaptable for many situations such as:

- Family gatherings
- Support group meeting
- Educational workshops
- Recreational activities
- Watching the big game
- Internet surfing (Dayroom)

Miraculous things happen when rehabilitation physicians, skilled therapists and dedicated nurses connect with people who are determined to get their lives back.

INPATIENT PROGRAMS

- | | | |
|--------------|--------------------|--------------------------|
| Amputee | Deconditioned | Pulmonary |
| Brain Injury | Multiple Sclerosis | Spinal Cord |
| Cancer | Orthopedic | Stroke |
| Cardiac | Parkinson's | Trauma/Multiple Fracture |





THANK YOU...

We are grateful for the gifts from these special friends, who share our passion for extraordinary rehabilitative care close to home, and whose contributions have helped to create this incredible space:

Accident Fund Holdings, Inc.

Mary Free Bed Guild

Sinas Dramis Law Firm

Cricket's Home Furnishings

Capital Area Transportation Authority (CATA)

Feldman Bud Kouts Chevrolet

General Motors

Kris Tenant & Family

Dr. Charles & Marjorie Gliozzo, IHO

Dr. Alan Neiberg

Carol & Ron Horowitz

Laurel Health Care Company

Bradley & Stephania Ford

Whipple Enterprises

Trumpie Photography

Fresh Thyme Farmers Market

We also are thankful for many other friends who have shown their support in a wide variety of ways.

Visit SparrowFoundation.org/Donate to make your gift today in support of extraordinary rehabilitation services for the people of mid-Michigan.



Sparrow Hospital and Sparrow Professional Building Parking Ramps

Cash, credit and debit accepted.

Sparrow Valet is available for anyone who needs assistance.

Valet is available during the following hours:

- **Sparrow Hospital** 5 a.m. to 9 p.m. weekdays; 8 a.m. to 5 p.m. weekends
- **Sparrow Professional Building** 8 a.m. to 6 p.m. weekdays

Sparrow valets will continue to help you out of your vehicle and assist you with wheelchairs and other equipment, even if you choose to self-park.



The glass art displayed inside Mary Free Bed at Sparrow was inspired by a love for rehabilitative medicine and is intended to evoke feelings of hope in the face of adversity. It was designed by artist John Hogenson of Echo Etching.



Mary Free Bed
Rehabilitation

at

Sparrow

1215 E. Michigan Ave.
Lansing, MI 48912

517.364.4610
Sparrow.org/MaryFreeBed

For admission information,
please call 517.643.6817