



What to Expect **Your First Week** at Mary Free Bed Sub-Acute Rehabilitation

Day 1

- Depending on your admission time, you'll meet your therapy team shortly after you arrive to establish the best possible program and get your rehabilitation under way.
- You'll meet with the admissions staff to complete necessary paperwork.
- Your nursing team will work with you to address any nursing needs. A Certified Nursing Assistant will check in to assist with care and discuss your care preferences.
- A member of the medical team (a physician, physician assistant or nurse practitioner) will visit with you within the first 24-72 hours to complete a history and physical examination.

Days 2-3

- Your social worker will stop by to explain his or her role and discuss your social history and support system. You and your social worker will work together on a plan for your transition home.
- You'll meet your registered dietitian to discuss any dietary needs or preferences.
- Your recreational therapist will stop by to learn about your interests and establish health and wellness goals.
- The team will meet with you for your care conference. This meeting often includes your social worker, nurse, therapy team and dietitian. Family is welcome and encouraged to attend, and additional care conferences may be requested by you or your family during your stay.

Days 4-7

- Other assessments and visits may be completed throughout your first week. These assessments help you and your sub-acute rehabilitation team to create a meaningful plan of care that's specific to you and your goals.