How to Choose a Physical Rehabilitation Facility
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Choosing a facility for a loved one to recuperate, can be a difficult thing to do - especially when you are mired in the medical issues. To help in this instance, we created a list of questions to guide you in your decision making.

1. There are many types of disabilities that require rehabilitation. Make sure that the rehab hospital specializes in your particular type of injury or illness.
2. Make sure that the hospital is accredited.
3. Find out how many patients with your type of injury has the facility treated.
4. How many patients do they treat at one time?
5. What is the average age of the population?
6. What is the patient to staff ratio?
7. What services does the hospital provide other than traditional physical, occupational and speech therapy?
8. What is an average day like?
9. What is the average length of stay?
10. Location - will family and friends be able to readily visit? If it is not close to home, investigate hotels, airfare, etc. Support of loved ones can positively affect the outcome of rehabilitation.
11. Verify that the hospital takes your insurance.
12. Take a tour of the rehabilitation center, if possible. Pay attention to cleanliness and friendliness of staff.
13. Find out about discharge planning. Do they help facilitate planning of continuing outpatient rehabilitation?

The 2012 US News and World Reports annual ranking of “Best Hospitals” includes a ranking of Rehabilitation Hospitals:

1. Rehabilitation Institute of Chicago (Chicago)
2. Kessler Institute for Rehabilitation (West Orange, NJ)
3. TIRR Memorial Hermann (Houston)
4. University of Washington Medical Center (Seattle)
5. Spaulding Rehabilitation Hospital, Massachusetts General Hospital (Boston)
6. Mayo Clinic (Rochester, MN)
7. Craig Hospital (Englewood, CO)
8. Rusk Institute, NYU Langone Medical Center (New York City)
9. MossRehab-Albert Einstein Healthcare Center (Philadelphia)
10. Shepherd Center (Atlanta)
(17.) Johns Hopkins (Baltimore)

Your physician and social worker should be able to provide you with a few options for a rehabilitation center. If possible, Healthnetwork will try to assist with referrals for rehabilitation centers; however, we have limited options. Please call our office for more information.