

*Going Beyond
Meeting your medical
rehabilitation needs...yesterday,
today, and tomorrow!*

Dear Patient,

We are honored you are considering Central Georgia Rehabilitation Hospital for your recovery from your illness or injury. Our primary goal is to assist you, along with your loved ones, to regain your strength and ability to carry out your activities of daily living.

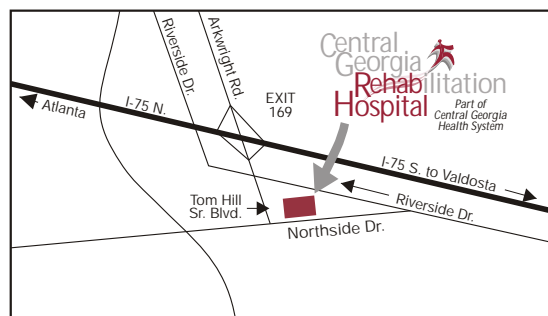
Central Georgia Rehabilitation Hospital is the oldest and most experienced medical rehabilitation provider in Central Georgia. In fact, we are one of only two specialty free-standing hospitals in the entire state. We first began serving our patients in September 1988 and over the years have had the privilege to assist over 25,000 individuals return to their homes, their loved ones, and the best quality of life possible.

Our facility began as a partnership between The Medical Center of Central Georgia and Lakeshore Hospital in Birmingham, Alabama. Later, it was managed by ReLife and subsequently by HealthSouth Corporation. In the fall of 2006, the hospital again returned as an independent facility, operating as a part of Central Georgia Health System. Throughout our history, our commitment has been to assist you and for your experience at our facility to be a very positive one. Daily we see the determination and spirit of our patients as they work with our talented therapists, nurses, physicians, and other caregivers to overcome their physical challenges.

I hope you will let me or any of our staff know if you have questions, suggestions, or feedback about our services. We are here to meet your medical rehabilitation needs...yesterday, today, and tomorrow!

Elbert T. McQueen

Elbert T. McQueen
President & CEO



Directions

FROM I-75 NORTH TO EXIT 169 ARKWRIGHT ROAD
Turn left at the end of the exit ramp. Go to 2nd traffic light. Turn left on Northside Drive. The hospital is on the left.

FROM I-75 SOUTH TO EXIT 169 ARKWRIGHT ROAD
Turn right at the end of the exit ramp. Go to 2nd traffic light. Turn left on Northside Drive. The hospital is on the left.

FROM RIVERSIDE DRIVE
Go north on Riverside Drive. Turn left on Northside Drive. The hospital is on the right.



3351 Northside Drive
Macon, Georgia 31210
478-201-6500



*World Class
Rehabilitation for
Central Georgia*

www.centralgarehab.com
Part of Central Georgia Health System

Welcome to Central Georgia Rehabilitation Hospital



EVALUATION AND TREATMENT

Each patient has an individualized care plan that is reviewed and updated regularly to ensure that realistic goals are being achieved.

Your Team

The rehabilitation team consists of the following:

- Occupational Therapy (OT) teaches patients self-care skills for activities of daily living, such as bathing, dressing, eating, and food preparation. Therapists address cognitive (thought) and perceptual (vision) deficits.
- Physical Therapy (PT) focuses on movement dysfunction. Therapists assist patients in walking, teach wheelchair transfer techniques, and provide orthotic/ prosthetic device evaluation and training.
- Respiratory Therapy (RT) helps patients with respiratory muscle weakness or a susceptibility to respiratory difficulties to help prevent further respiratory problems.
- Speech/Language Pathology focuses on improving communication skills through basic cognitive retraining to increase functional independence with decision-making, reasoning, memory, and swallowing retraining.
- Therapeutic Recreation reduces or eliminates the effects of illness and/or disability by providing recreational opportunities in order to improve health and well-being.



Specialty Units

We currently have two nursing specialty units, an ortho/medical floor and neurological floor.

The ortho/medical floor is designed to accommodate the special needs of joint replacement and multiple medical conditions.

The neurological floor is a specialized area that has a neurologist and three internal medicine physicians, as well as, specially trained therapy and nursing staff.

The goal of each unit is to maximize the patient's current abilities and help them learn new techniques to cope with any new physical changes.

The key to success is for the patient to remain motivated and to maximize their time while here. Once patients are actively participating, most will make rapid improvements.

Personal Services

- Case Management coordinates your care, works with you and your family regarding plans for discharge, and serves as a liaison between the patient, family, insurance carrier, treatment team, and community agencies.
- Physician Services consists of physicians that specialize in physical medicine and rehabilitation (Psychiatry), as well as other specialties including Neurology and Internal Medicine.
- Nutritional Counseling assigns our registered dietitian (RD) to help patients and families develop proper diets and menus to help ensure better health.
- Home Assessment allows therapists to visit the patient's home before discharge and make recommendations about structural changes or other adjustments necessary to accommodate the patient's new needs, if needed.

CLOTHING

We suggest packing casual, comfortable clothes that allow easy movement for therapy. Since patients are out of their rooms all day, hospital gowns are not worn. Clothing should be labeled with the patient's name, and all valuables should be left at home.



Patients should bring the following:

- Seasonal outerwear
- Shirts/blouses with button fronts or pullovers that fit easily over the head
- Comfortable slacks, sweatpants, or a sweat suit
- Athletic shoes with good support and rubber soles
- Undergarments
- Pajamas or gown, robe, and slippers
- Personal toiletry items such as toothpaste, comb, brush, deodorant, soap, etc.
- Any corrective devices, such as dentures, eyeglasses, hearing aids, etc.

Medication

It is important that all medications (prescription or over-the-counter) be administered by a rehabilitation nurse.

Please bring a list of medications you are currently taking.

Medications should not be brought from home unless advised by your physician or a representative from Central Georgia Rehabilitation Hospital.



Meals

Meals are planned daily by Nutrition Services and your physician to address your current medical needs. Families are welcome to visit and eat lunch in the hospital cafeteria.

Cafeteria Hours

Breakfast is served on trays in the patients' rooms
Lunch 11:00 AM – 1:00 PM
Dinner is served on trays in the patients' rooms

SMOKING

Smoking is allowed in specified areas outside the building only.

TELEPHONE

Telephones are located in all patient rooms. To make an outside call, dial 9 and then the number.



VISITING HOURS

Patients are usually involved in therapy sessions from early morning to late afternoon, Monday through Friday. Guests are asked to follow our visiting hours:

Monday – Friday.....4:00 PM – 8:00 PM
Saturday.....12:00 Noon – 8:00 PM
Sundays & holidays.....9:00 AM – 8:00 PM

PARKING

Free, convenient parking is available.

SAFETY

We encourage patients to travel independently throughout the hospital. However, for identification purposes, patients must wear wristbands at all times. Patients will be accompanied by a staff member or a family member when outside the building.

PAYMENT

Patient billing personnel are available to meet with patients, families, or other responsible parties concerning billing procedures.

COMMONLY ASKED QUESTIONS

Why am I here? To promote your independence and level of safety after hospital treatment and discharge.

Why do I have to have a full day of therapy? Regulations by Medicare and other payor sources require completion of

a full day of therapy. If the patient elects not to participate, these guidelines will not allow the patient to remain in the facility.

How long will I be in rehab? Once admitted and our evaluations are completed, a case manager will discuss with you the anticipated length of stay, your diagnosis, physical condition, and discharge goals.

Can my family stay with me? In general, we recommend that family members do not stay, however, patients with certain diagnoses may benefit from a family member initially staying with them overnight.

Will I have a private room? If you request a private room and one is available upon your admission, you will receive one. If a private room is not available, you are automatically put on a private room waiting list and admitted into a semi-private room.



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