

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

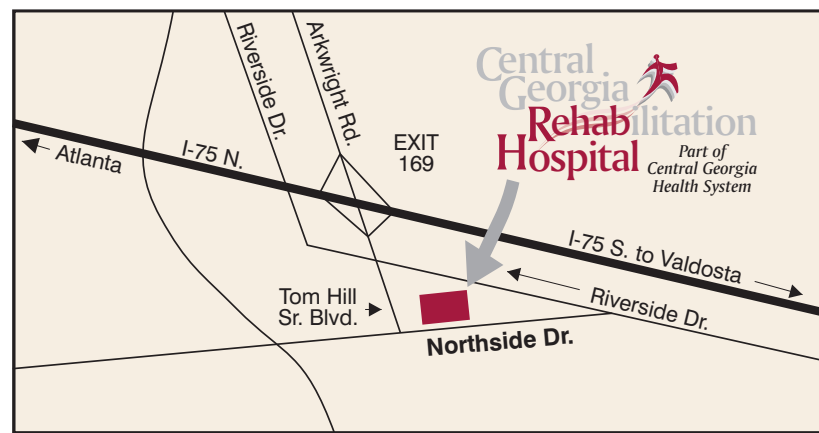
Dear Patient,

We are honored you are considering Central Georgia Rehabilitation Hospital for your recovery following your surgery, illness, or injury. Our primary goal is to assist you, along with your loved ones, to regain your strength so you can assume your normal living activities as soon as possible.

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 30,000 individuals return to their homes, their loved ones, and the best quality of life possible.

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

TRAVELING 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.

TRAVELING 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:
Traveling North on Riverside Drive. Turn left on Northside Drive.
The hospital is on the right.

Why Central Georgia Rehab Hospital?

One of two free standing rehab hospitals in the state – 100% dedicated to rehabilitation

Oldest and most experienced medical rehab provider in Central Georgia

Physiatrist and Neurologist on staff as well as a full range of consulting specialists

Therapy staff have specialized training and the latest equipment for treating stroke and brain injury

Excellent continuity of care from referring facilities

Easy and convenient parking for family and visitors

Beautiful courtyard for visiting with family and pets

Private and/or large semi-private rooms

Noted in patient satisfaction for dining services and food

Indoor pool for aquatic physical therapy

www.centralgarehab.com
Part of Central Georgia Health System

Central Georgia
Rehabilitation
Hospital
Part of
Central Georgia
Health System



**World Class
Rehabilitation for
Central Georgia**



Welcome to Central Georgia Rehabilitation Hospital

REHABILITATION

Rehabilitation is a specialized healthcare dedicated to improving, maintaining and restoring physical strength, cognition and mobility with maximized results. Rehab helps patients gain greater independence after illness, injury and surgery.

Central Georgia Rehabilitation Hospital (CGRH) will assist patients' transition from their current hospital to our hospital. We offer a high level of therapy, which helps speed recovery. Our therapy is significantly more than the average therapy program offered by "rehabilitation centers" in that our patients receive therapy for a minimum of three hours a day, six to seven days a week. Additionally, patients are seen daily by the physician assigned to them during their rehab stay.

Our facility is results driven. Every minute of every day, our focus is getting positive results for our patients. We work hard to get all patients strong, functional and as independent as possible.

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

We have a team approach – our qualified and passionate rehab experts work together to plan and execute quality care. The 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 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 (TR) reduces or eliminates the effects of illness and/or disability by providing recreational opportunities in order to improve health and well-being.
- Rehabilitation Nurse delivers specialized, daily care needed for recovery and healing under your doctor's daily supervision.

CONDITIONS WE TREAT

Central Georgia Rehab offers expertise in many rehabilitation programs and treatments designed to meet the needs of specific conditions. Our goal is to restore and strengthen patients so they can return to their highest level of independence.

- Stroke
- Neurological Disorders
- Hip Fractures
- Joint Replacement
- Spinal Cord Injury
- Brain Injury
- Amputation
- Other Orthopedic Injuries/Conditions
- Low Endurance
- Cardiac
- Pulmonary

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 with special experience in physical medicine and rehabilitation, as well as other specialties including Neurology, Internal Medicine and Psychiatry.
- **Nutritional Counseling** assigns our registered dietitian (RD) to help patients and families develop proper diets and menus to help ensure proper nutrition during and after treatment.

- **Marriage and Family Therapy** provides emotional support helping patients deal with the stress created by their health crisis and the adjustments needed by the family when the patient goes home.

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. 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 shorts
- 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 11:30 AM – 1:00 PM
Dinner is served on trays in the patients' rooms

SMOKING

Is **not allowed** anywhere on our campus.

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. Family members and 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..12:00 Noon – 8:00 PM

PARKING

Free, convenient parking is available.

SAFETY

We encourage patients to travel independently throughout the hospital. Your therapists will make this determination on an individual basis. Patients will be accompanied by a staff member or a family member when outside the building. However, for identification purposes, patients must wear wristbands at all times.

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. If any equipment is needed when discharging, we will make all the necessary arrangements.

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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