PREPARING — FOR YOUR HOSPITAL Stay



Welcome to ClearSky Rehabilitation Hospital of Flower Mound

We look forward to assisting you with your healing journey.

Our goal is to help you recover to your highest abilities so you can return home quickly with as much independence as possible.

If you have questions during your stay with us, please ask any member of your healthcare team for assistance.

National studies show patients treated in rehabilitation hospitals return home sooner, remain home longer, have fewer readmissions and ER visits, and live longer.

- Dobson, DaVanzo & Associates, LLC



WHAT TO BRING

To prepare for your hospital visit, please plan to bring:

- Driver's license
- Insurance cards
- List of medications you're taking and medications in original containers, if possible
- Activities you enjoy, such as crossword puzzles, books, iPads, phones
- Comfortable clothing, to include:
 Supportive, rubber-soled shoes | Loose-fitting pants and shirts | Sweater or jacket | Undergarments
 Socks | Pajamas and robe | Personal items such as toiletries, eyeglasses, hearing aids, or cosmetics

Please keep your valuables at home.



DURING YOUR STAY

We encourage your family members to meet you at the hospital.

Once checked in, we introduce you to your healthcare team. Members of the team assess your needs and discuss healthcare goals with you and your family members. At this time, you also meet your case manager who will help coordinate your hospital care during your stay, and begin preparing you for your transition home.

During your stay:

- A physician with rehabilitative experience leads a multi-disciplinary healthcare team with your treatments.
- Rehabilitative nursing care is available around-the-clock.
- You receive physical, occupational, and/or speech therapy a total of 15 hours a week, as appropriate.
- Therapy is provided in our gym, your room, or in some cases, outdoors.
- You are provided your therapy schedule on a daily basis.
- Meals are provided in the hospital cafeteria. Family members are invited to dine with you.
- You and your family members are educated about your treatment.
- Guests may visit from 8 a.m. 8 p.m. Children can visit under adult supervision. We suggest that you plan visits around your therapy times.

GOING HOME

We start preparing for your discharge home from the day you'readmitted to the hospital.

Your case manager works collaboratively with you, your family members, and your healthcare team to create a discharge plan to best meet your needs, including:

- Holding ongoing conferences with you and your family members
- Reviewing your progress regularly to your goals
- Educating you and your family members about ongoing needs
- Making arrangements if special equipment/services are needed

You and your family members are provided education about ongoing care, including written instructions and prescriptions. A medical report is sent to your physician and other healthcare professionals.

AFTER YOUR HOSPITAL STAY

We understand that your healing doesn't necessarily end after you leave ClearSky Rehabilitation Hospital of Flower Mound.

Upon discharge, we help arrange further resources as needed, such as follow-up physician appointments, outpatient therapy, or home health.

We supply you and your family with educational information on continued exercises, behavior modifications, home modifications, and assistive devices, if necessary.

We want to help your healing continue to progress so you can remain as independent as possible.



QUR MISSION We are dedicated to HEALING & TRANSFORMING

the lives of individuals living with disabling injuries or illnesses.

NOTES:	



ClearSky Rehabilitation Hospital of Flower Mound

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