

*Leading Health Care
In The 21st Century*



Acute Inpatient Rehab Unit

at the
Syracuse VA Medical Center

a part of the VA Healthcare Network Upstate New York



Who can benefit from the program?

Any person with a recent physical disability, illness or injury requiring:

- medical care by a doctor that specializes in physical medicine and rehabilitation
- 24-hour rehabilitation nursing care
- at least two different types of therapy

Our staff can help you with:

- Mobility (getting around)
- Self-care
- Communication
- Swallowing/eating
- Memory and thinking problems
- Physical rehabilitation for:
 - Joint replacement
 - Spinal cord injury
 - Brain injury
 - Amputation
 - and other orthopedic and neurological conditions



Customized Care for Every Patient

The Rehab Unit has a special team of doctors, nurses, social workers, and therapists. They are here to help you regain your physical, psychological, and social function. This includes recovering old skills and learning new ones. The team works with you and your family to develop a customized treatment program to help you reach your fullest potential.

The rehab team is unique for each patient. The types of therapy you receive are determined by your needs and goals. As you go through the rehab program, the types of services you receive and the intensity of your rehab may change.



Team Rounds

Monday through Friday mornings, a rehab physician, nurse manager, charge nurse, social worker and rehab coordinator reviews each patient's medical status, rehab program and discharge needs. During this time, team members will see patients and discuss any concerns. The staff also reviews each patient on the weekend and holidays.

Team Meeting

One day per week, the entire rehab staff meets to review each patient case. At this time, the team will make recommendations about medical and therapy treatments, equipment, discharge needs and set a tentative date for discharge from the rehab unit. The team will also determine if a family meeting, family training or therapeutic leaves of absence are needed.



We provide:

- Health management for your pre-existing medical conditions and general health care needs. We also prescribe therapeutic and nursing care.
- Activities to help you improve your strength, endurance, balance, walking, climbing stairs, and use of a wheelchair.
- Bowel and bladder training to help you with your elimination needs.
- Activities and adaptive devices to assist you with grooming, hygiene, bathing, dressing and eating.
- Techniques and devices to help you improve speech, reading, writing and computational skills.
- Activities to improve attention span, memory, and organizational skills.
- Activities and techniques that will help you improve chewing, swallowing, and diet management.
- Opportunities for you to practice cooking, cleaning, making a bed, and washing your clothes.
- Group or individual support to help with your emotional recovery.
- Home evaluations to determine your home's safety and accessibility. We can also provide special equipment and remodeling ideas.
- Wheelchairs, grab bars, commodes, tub seats, walkers, etc. for your home.
- Case coordination that will start before you are admitted and continue through your rehab. We will make the necessary arrangements for any services you may need after you are discharged and review your benefits with you.
- Community outings to help you return home and to other community activities.
- Referrals to vocational rehab and driver rehab services.



Patient and Family/Caregiver Participation

You and your family/caregiver are essential to the rehab process. You are all encouraged to participate with the rehab staff by:

- attending patient conferences
- attending training and education sessions
- providing emotional support

Training sessions will be scheduled with the family/caregiver prior to discharge. These sessions may include:

- Medication(s) instruction
- Skin care
- Bladder and bowel management
- Swallowing and eating techniques
- Exercises
- Dressing and bathing
- Walking and climbing stairs
- Getting in/out of a chair, bed, tub, shower or car
- Community resources



Admission

The Acute Rehab Unit admits patients who can participate and benefit from the program. The program provides pre-admission evaluations and tours of the rehab unit for all referred patients.

Admission guidelines include:

- Patients who are medically stable
- Patients who have the potential to improve his/her functional level of independence
- Patients who are motivated and willing to participate in the program
- Patients who can participate in a minimum of three hours of therapeutic services per day at least six days per week.
- Having a tentatively identified discharge plan

Typical Day

6:00 - 8:00 a.m.	Bathing/showering, dressing, breakfast
8:00 - 9:00 a.m.	Physician rounds
9:00 a.m. - Noon	Rehab appointments
9:00 - 9:30 a.m.	Rehab team rounds
12:00 - 1:00 p.m.	Lunch
1:00 - 4:00 p.m.	Rehab appointments
4:45 - 5:30 p.m.	Dinner
5:30 - 8:00 p.m.	Visiting; recreation therapy events

You will be scheduled for one to three therapy sessions each morning and afternoon. Therapy sessions may be up to one-hour long. You are required to attend your therapy appointments unless the rehab physician excuses you.



After Discharge

After discharge, the rehab team will follow-up by:

- Calling you to make sure you are adjusting well at home, that you know about your medical and therapy appointments, and that you have received all the equipment, medications and supplies that you need.
- Scheduling you for an appointment with the rehab doctor approximately one month after discharge.
- Conducting a phone interview in about three months. This phone call is to see how you are doing and to see if there is anything we can do to improve our services.

The Acute Inpatient Rehab Unit at the Syracuse VA Medical Center is the only accredited inpatient acute rehab program (federal or private) in the Syracuse area. It is also the only program of its kind available within the VA Healthcare Network Upstate New York.

**Call the Rehab Coordinator at
(315) 476-7461 ext 2909 to make an appointment.**

VA Healthcare On The Web

www.va.gov/visns/visn02/

Upstate New York Veterans ~

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1-888-838-7890

Produced by Network Marketing/Communications
Designed and printed by the Network Print Shop, Bath VA Medical Center
Photos by Kimberly R. McKinzie & Medical Media

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Reaching Us Is Easy

VA Medical Centers:

Albany

113 Holland Avenue
Albany, NY 12208
(518) 626-5000

Batavia

222 Richmond Avenue
Batavia, NY 14020
(585) 343-7500

Bath

76 Veterans Avenue
Bath, NY 14810
(607) 664-4000

Buffalo

3495 Bailey Avenue
Buffalo, NY 14215
(716) 834-9200

Canandaigua

400 Fort Hill Avenue
Canandaigua, NY 14424
(585) 394-2000

Syracuse

800 Irving Avenue
Syracuse, NY 13210
(315) 476-7461

Community-Based Outpatient Clinics:

Auburn

Auburn Memorial Hospital
17 Lansing St.
Auburn, NY 13021
(315) 255-7011

Bennington

325 North Street
Bennington, VT 05201
(802) 447-6913

Binghamton

425 Robinson Street
Binghamton, NY 13001
(607) 772-9100

Catskill

Greene Medical Bldg.
159 Jefferson Heights
Catskill, NY 12414
(518) 943-7515

Clifton Park

1673 Route 9
Clifton Park, NY 12065
(518) 383-8506

Cortland

1104 Commons Avenue
Cortland, NY 13045
(607) 662-1517

Dunkirk

The Resource Center
325 Central Avenue
Dunkirk, NY 14048
(716) 366-2122

Elizabethtown

P.O. Box 277, Park St.
Elizabethtown, NY 12932
(518) 873-3295

Elmira

Health Services Bldg.
200 Madison Ave., Suite 2E
Elmira, NY 14901
(877) 845-3247

Fonda

Camp Mohawk Plaza
Rt. 30A
Fonda, NY 12068
(518) 853-1247

Glens Falls

84 Broad Street
Glens Falls, NY 12801
(518) 798-6066

Jamestown

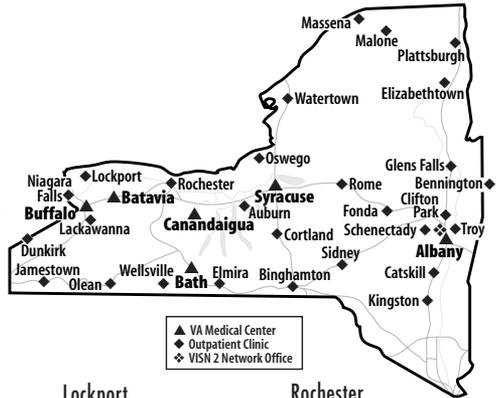
The Resource Center
896 East Second Street
Jamestown, NY 14701
(716) 661-1447

Kingston

63 Hurley Avenue
Kingston, NY 12401
(845) 331-8322

Lackawanna

Our Lady of Victory Family
Care Center
227 Ridge Road
Lackawanna, NY 14218
(716) 822-5944



Lockport

Ambulatory Care Center
5875 S. Transit Road
Lockport, NY 14094
(716) 433-2025

Malone

115 Park Avenue
Malone, NY 12953
(518) 481-2545

Massena

1 Hospital Drive
Massena, NY 13662
(315) 764-1711

Niagara Falls

Niagara Family Medicine
Assoc., PC
620 10th Street, Suite 709
Niagara Falls, NY 14301
(716) 285-6663

Olean

Olean General Hospital
500 Main St.
Olean, NY 14760
(585) 375-7555

Oswego

Seneca Hills Health
Services Center
County Route 45A
Oswego, NY 13126
(315) 343-0925

Plattsburgh

Medical Office Bldg.
206 Cornelia St., Suite 307
Plattsburgh, NY 12901
(518) 566-8563

Rochester

465 Westfall Road
Rochester, NY 14620
(585) 242-0160

Rome

125 Brookley Road,
Bldg. 510
Rome, NY 13441
(315) 336-3389

Schenectady

1475 Balltown Road
Niskayuna, NY 12309
(518) 346-3334

Sidney

109 North Main Street
Bainbridge, NY 13733
(607) 967-8590

Troy

500 Federal Street
Troy, NY 12180
(518) 274-7707

Watertown

218 Stone Street
Watertown, NY 13601
(315) 788-5050

Wellsville

Jones Memorial Hospital
Health Care Center
15 Loder Street
Wellsville, NY 14895
(585) 596-4111

