THE INPATIENT REHABILITATION SERVICES
AT ORANGE REGIONAL MEDICAL CENTER

A Guide to our Services

www.ormc.org
A member of the Greater Hudson Valley Health System
The Inpatient Rehabilitation Services at Orange Regional Medical Center provides state-of-the-art cognitive and physical rehabilitation to patients who have had a debilitating illness or acute injury. We provide modern facilities, equipment and programs designed to meet your needs in a caring and comfortable setting.

**PHYSIATRIST**
A physiatrist is a Board-certified physician who specializes in Physical Medicine and Rehabilitation. He/she provides direct primary care for medical conditions and also coordinates and supervises individualized programs. The rehabilitation program prescribed by the physiatrist is designed to maximize your independence and help you reach the potential goals as determined by the treatment team. The team will be directed by the physiatrist.

**PHYSICAL THERAPIST**
Physical therapists teach you to improve your overall mobility, strength, range of motion, balance and coordination making it easier for you to get around. Recommendations for assistive devices such as canes and walkers are made by the physical therapist.

**Multidisciplinary Team Members**
OCCUPATIONAL THERAPIST
Occupational therapists work to improve your motor function, cognitive and perceptual abilities in order to increase independence in activities of daily living (ADL). ADLs are the self care tasks accomplished daily such as bathing, toileting, dressing and transfers. Your occupational therapist may make recommendations for home modifications or adaptive equipment.

REHABILITATION NURSE
Rehabilitation nurses have specialized skills to provide 24-hour direct patient care. The rehabilitation nurse establishes a personalized plan of care, including medication, self care and safety issues to meet your specific needs. The rehabilitation nurse also reinforces the skills learned in therapy and provides patients and family members education through a pattern of classes.

CASE MANAGER
Case managers assist patients and family members with discharge planning to ensure a safe return home. The case manager will familiarize and educate you on available community resources. Family conferences are arranged through the case manager to discuss your goals and progress. Concerns regarding financial and/or insurance benefits are addressed by the case manager.

SPEECH LANGUAGE PATHOLOGIST
The speech language pathologist evaluates and retrained patients who have lost the ability to communicate or swallow. Additionally, the speech language pathologist may work with patients in the areas of reading, writing, speaking or calculating numbers if these abilities are impaired.

THERAPEUTIC RECREATION
Recreation is an important aspect of each person's life. The recreational therapist will plan activities specific to your needs. Pet therapy is one example of therapeutic recreation available to you.

NEUROPSYCHOLOGY SERVICES
Patients and family members sometimes experience difficulty adjusting to an illness or disability. For that reason, a variety of psychological and counseling services are offered. Psychology services may be included in your rehabilitation program if the physician or multidisciplinary team suspects that emotional, cognitive or adjustment issues are limiting your progress. This service is also available upon request by the patient or family members. Consultations with the psychologist are private and confidential. The choice to continue or discontinue psychological treatments and/or consultation is at the discretion of the patient.

DIETARY SERVICES
At the time of admission, your dietary/nutritional needs are assessed. A specialized diet is then recommended for you by a registered dietician.
The type(s) of therapy you receive will depend upon your diagnosis and goals during your stay. Most patients receive three hours of therapy daily (Monday-Friday). Some therapies are available on Saturday. Each of your therapists will meet with you to discuss the time and place of a scheduled therapy session. A master schedule is posted near the nurses station. Your schedule may be modified as you improve and/or your needs change.

JOHN DOE (sample schedule)

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<tr>
<td>7:30</td>
<td>BREAKFAST</td>
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<td>OCCUPATIONAL THERAPY</td>
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<td>SPEECH THERAPY</td>
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<td>PHYSICAL THERAPY</td>
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<td>RECREATIONAL THERAPY</td>
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Should you require vocational rehabilitation (job training) and physical rehabilitation, we will arrange for these services. If there are any other services that you feel you may need, please discuss them with your case manager.

VISITORS
Your family is one of the most important aspects of your rehabilitation process. Family members are encouraged to observe and participate in various therapy sessions during regular visiting hours.

CLOTHING/PERSOINAL ITEMS
Most patients like to have several changes of garments available. Patients wear street clothes during the day in the Rehabilitation Unit. Loose fitting clothes, pullovers and elastic waist pants are the easiest to put on and take off.

Items to bring:
- 3 or 4 pairs of slacks or loose fitting pants
- 3 or 4 tops, shirts or blouses
- 3 or 4 bras or T-shirts
- 3 or 4 pairs of underwear
- 3 or 4 pairs of socks
- rubber soled shoes (such as tennis shoes)
- dentures; hearing aides; glasses
- personal toiletry items: toothbrush; shampoo; deodorant; razor; etc.
**TELEPHONE/TELEVISION SERVICE**
Telephone (local calls) and television services are free of charge and available to patients. There will be a charge for long distance calls. Your family may also leave a message for you at the nurse’s station.

**MAIL**
Outgoing mail should be given to the unit coordinator or nurse. Incoming mail is delivered to patients daily.

**SMOKING**
Orange Regional Medical Center is a smoke-free facility.

**PASTORAL CARE**
Our calm and inviting non-denominational chapel, located on the first floor, provides patients and visitors with a peaceful place for prayer, thought or reflection. A clergy person is available to assist you and your family with your spiritual and emotional needs. Please ask your nurse for assistance in contacting a member of the clergy. You may also contact your own clergy person.

**HAIR**
A beautician comes to the unit. Services available include cutting; washing; setting; curling and styling. Please contact your nurse for further information.

**THERAPEUTIC PASS**
When your abilities allow, and your family has completed the necessary training, a therapeutic “Day Pass” may be arranged with the approval of your doctor. This pass will allow you to go home or on an outing with your family to practice skills you have learned at the Rehabilitation Unit. You and/or your family are expected to report any problems that occur so the team can find solutions to correct them prior to your discharge.
DISCHARGE
The case manager will discuss with you and your family the resources/services that will be available upon discharge. Discharge planning begins as soon as you are admitted so that the transition is a smooth one.

INSURANCE
Medicare and most insurances cover acute, inpatient rehabilitation services. Prior to your admission, we will assess your Medicare benefits, or contact your insurance company. In the event your insurance company does not approve your admission, we will notify your case manager. We are happy to discuss options with you and/or your family. Once admitted to the Rehabilitation Center your case manager will be in contact with you.

Glossary

ACTIVITIES OF DAILY LIVING (ADL):
The self care tasks that need to be accomplished each day to promote self-independence, such as eating; bathing; toileting; transfers and dressing.

APHASIA:
Communication deficits resulting from brain injury. Aphasia may impair the ability to speak, write and understand signs.

APRAXIA:
Impairment of the brain’s ability to send messages telling the muscles to move voluntarily.

ASSISTANCE:
The amount of support needed to complete ADL tasks. Assistance is graded as minimal, moderate or maximal.

ASSISTIVE DEVICES:
Equipment which aides a person in completing ADL tasks or ambulating.

DYSARTHRIA:
Weakness, slowness or lack of coordination of the muscles involved in producing speech as a result of brain injury. This may result in slurred speech that is hard to understand.

DYSPHAGIA:
Swallowing disorder resulting from brain injury which may impair a patient’s ability to safely swallow liquid and/or solids.

HEMIPARESIS:
Weakness of one side of the body.

HEMIWALKER:
A wide cane which has four points of support.

REFLEXES:
Involuntary movements of the body.

STROKE:
The neurological dysfunction resulting from disruption of the blood supply to the brain.

TRANSFERS:
The ability of getting from one surface to another.

TRAUMATIC BRAIN INJURY (TBI):
A form of acquired brain injury. Occurs when a sudden trauma causes damage to the brain.
DIRECTIONS

Inpatient Rehabilitation Services
Orange Regional Medical Center
707 East Main Street
Middletown, New York 10940
845-333-1000

FROM THE EAST
Take I-84 West. Merge onto NY-17 East via Exit 4E toward New York. Take Exit 122 – East Main Street/Crystal Run Road. Take left at light onto East Main Street. Drive approximately 0.3 miles. Hospital entrance will be on your right.

FROM THE WEST
Take I-84 East. Merge onto NY-17 East via Exit 4E toward New York. Take Exit 122 – East Main Street/Crystal Run Road. Take left at light onto East Main Street. Drive approximately 0.3 miles. Hospital entrance will be on your right.

FROM THE NORTH
Take I-87 South/New York State Thruway South. Take Exit 17 – Route 17K/I-84/Newburgh/Stewart Airport. Pay toll and follow signs for I-84 West. Merge onto I-84 West. Merge onto NY-17 East via Exit 4E toward New York. Take Exit 122 – East Main Street/Crystal Run Road. Take left at light onto East Main Street. Drive approximately 0.3 miles. Hospital entrance will be on your right.

FROM THE SOUTH
Take I-87 North/New York State Thruway North. Take Exit 16, NY 17 toward US 6/Harriman. Merge onto NY-17 West. Take Exit 122 – Crystal Run Crossing. Turn right at first light. Turn right at next light onto Crystal Run Road; Crystal Run Road turns into East Main Street. Drive approximately 0.6 miles. Hospital entrance will be on your right.