Select Rehabilitation Hospital of Denton offers you a new direction in medical rehabilitation.

At our 44-bed, specialized rehabilitation hospital, we provide comprehensive treatment to individuals with stroke, brain injury, spinal cord injury, amputation, joint replacement and other orthopedic trauma, and neurological conditions, as well as general rehabilitation needs.

Here you will find an experienced team of rehabilitation professionals who are committed to helping you recover the strength, skills and independence that will enable you to return home and resume an active lifestyle.

Through our affiliation with Kessler Institute for Rehabilitation, a national leader in the field of medical rehabilitation for more than 60 years, we bring the best possible patient care to Denton and the greater Dallas-Fort Worth area.
Rehabilitation is a journey. It is a journey filled with hope and hard work, courage and determination. It can be difficult and, at times, even frustrating. But the specialists at Select Rehabilitation Hospital of Denton are here to help you overcome every challenge as you regain your strength, restore your skills and rebuild your life.

We understand that you will bring your own needs, goals and expectations to the rehabilitation process and we will work tirelessly not only to meet them, but to exceed them.

Our team of doctors, nurses, therapists and other rehabilitation professionals offer you an unparalleled level of care. We apply the proven therapies, advanced treatments and leading-edge technologies to support your recovery and optimize your independence.

Keep in mind that your stay with us will be demanding – physically and mentally – as it takes a great deal of work and perseverance to achieve your goals. But know that in time your efforts will help to make all the difference in your recovery.

This Patient & Family Guide is designed to help you get started. It provides an overview of our programs and services, and what to expect from the time you begin your rehabilitation to the day you leave… and beyond.
Preparing for your stay

We want you to begin your rehabilitation with a sense of confidence and comfort. To ensure a smooth transition to Select Rehabilitation Hospital, we’ll coordinate the details of your program with your physician, case manager and insurance carrier.

Members of your treatment team will meet with you upon your arrival and assist you as you settle in to your spacious private suite that includes your own bathroom and shower. They will provide an orientation to our hospital, helping to familiarize you with our campus, policies and programs. You and members of your family are encouraged to ask any questions and express any concerns you may have so that you will have a complete understanding of the rehabilitation process.

Packing the essentials

At Select Rehabilitation Hospital of Denton, patients wear their own clothes during their stay. This helps our patients feel more comfortable and reaffirms their sense of self. You may also want to bring any personal care items that are part of your usual daily routine.

Please note:

- Your clothing should be loose-fitting and easy to move around in.
- You should wear sneakers or rubber-soled shoes.
- If you have limited use of your hands or arms, please bring shirts and sweaters that open in front, preferably with large buttons or fastenings.

Equipment needs

Patients who have their own wheelchairs, walkers, canes, braces or other assistive devices should bring them upon admission. Please label these items clearly as “personal property” and include your name. Similarly, hairdryers, electric shavers, etc. should also be labeled. Note that Select Rehabilitation Hospital is not responsible for the maintenance or upkeep of such equipment, or for any loss of, damage to, or injury from this equipment.

Safeguarding personal items

To avoid the loss of personal items, please be sure to place eyeglasses, hearing aids and similar articles in the top drawer of your nightstand when not being used. Also, if you wear dentures, please ask the nurse for a denture cup; never leave dentures wrapped in a tissue or on your meal tray. We will not be responsible for loss or damage.

Please leave all valuables at home.

Some individuals may have additional needs because of special conditions or personal circumstances. If you have any concerns, please discuss them with your doctor, nurse, therapist or case manager.
Medications
It is important that you tell your Select Rehabilitation Hospital physician about any prescription and/or non-prescription medications you take regularly – including dosage, frequency and the condition for which the drug is prescribed. While we will have a copy of your medical records, we still want to review your drug regimen with you so that everyone involved in your care clearly understands your needs. During your stay, our physicians will prescribe any additional medications that you may require.

Insurance and Health Plans
Select Rehabilitation Hospital of Denton participates with Medicare and is contracting with most insurance, workers’ compensation and managed care plans. Please bring your insurance cards with you so that we may have the necessary information on file to submit your claim(s) accurately. We also recommend that you speak with your insurer or employer if you have any questions about your policy or coverage.

Advance Directives
Planning ahead for important medical decisions is your right and your responsibility. An Advance Directive is a written document that expresses your personal medical wishes in the event you are unable to make or communicate such decisions for yourself. If you already have an Advance Directive, please provide us with a copy upon your admission. If you do not have an Advance Directive and would like to complete one, our Case Management Department will help you.

Notice of Privacy Practices
At Select Rehabilitation Hospital of Denton, we are committed to protecting the confidentiality of your personal medical health records. Upon admission, you will receive a Notice of Privacy Practices, which details our policies on the use and disclosure of “protected health information” (PHI) and your rights to access and control your personal medical records.

What to bring
• Pajamas/nightgowns
• Undergarments
• Ribbed cotton socks (non-elastic tops)
• Sneakers or rubber-soled shoes with good support
• Washable, loose-fitting trousers or sweatpants (preferably not denim or corduroy)
• Pullover shirts or knit tops
• Button-front shirt(s)
• Sweater(s) or fleece jacket(s)
• Coat or jacket (if warranted)
• Laundry bag
• Toothbrush, toothpaste
• Denture care products
• Soap, shampoo, conditioner
• Comb, brush and hair products
• Deodorant
• Shaving supplies
• Eyeglasses
• Hearing aids
• Items to meet special needs
Taking care of medical needs
As a rehabilitation hospital, we effectively manage the complex medical needs of every patient. During your stay, you’ll receive the medical treatment and nursing care you require, as well as the therapy services you need.

Your treatment team is led by a physiatrist, a board-certified physician specializing in physical medicine and rehabilitation. An internist and other specialists may also be involved in your care as needed.

Our highly skilled rehabilitation nurses are on duty 24 hours a day to assist you with medications and self-care, and help to reinforce the techniques learned in your therapy sessions. Specially trained rehabilitation aides are involved in your care, providing additional support and assistance.

Building strength, function and mobility
In our spacious, state-of-the-science therapy gyms, your therapists will guide you through a rigorous and comprehensive rehabilitation program. You’ll benefit from a minimum of three hours of therapy a day, and on weekends as needed. In addition, you’ll have access to the most advanced equipment and technologies in the field today.

Getting Started
It’s often said that a journey begins with a single step… and whether that action is taken on your own or with assistance, you’ll be moving towards your goals. At Select Rehabilitation Hospital of Denton, we work with you to maximize function and help you regain the independence needed to return home to work, school and/or community activities.

To do this, we tailor a comprehensive program to your individual needs and goals, balancing expert care and treatment, along with the education and support that will help you to understand your condition, your strengths, your limitations, and how to move forward in life.

During your stay, your progress is carefully monitored and adjustments are made to your care plan accordingly.
Depending on your needs, your treatment team will include:

- **Physical Therapists** (PT) help to optimize your muscle control, balance and flexibility, as well as movement and mobility. They work closely with you to build your strength, endurance and independence.

- **Occupational Therapists** (OT) help you regain the skills needed to perform daily activities, such as grooming, dressing, eating, working in or outside the home. They will also address any cognitive or visual issues you may have as the result of your injury or illness. In addition, they will evaluate your need for assistive equipment and any home modifications.

- **Speech Therapists** work with you to improve language, cognition and communication skills, and address any swallowing deficits you may experience following injury or illness.

Helping to reinforce your care are our highly trained **rehabilitation assistants** (RAs), who may work with you in the gym. Rehabilitation requires a lot of energy. To ensure that your nutritional needs are being met, our registered **dietitians** will prepare an appropriate program for you and may recommend supplements, texture modifications and other adaptations to help you maintain your health. Note that while family and friends are welcome to bring you meals and other treats, they must check with your nurse first to make sure there are no dietary restrictions.

We encourage you to enjoy your meals in our dining areas. It will give you the opportunity to chat with other patients and benefit from shared experiences.

Along with your care and treatment, we provide **patient and family education** to help you and those closest to you gain insight into the complexities of your rehabilitation and the challenges you face.
Planning for discharge

From the time of your arrival at Select Rehabilitation Hospital, we begin planning for your discharge. This enables everyone involved in your care to better understand your individual and family needs, as well as your rehabilitation goals. It also gives us a framework to help make sure that everything is in place when you are ready.

Your case manager is a key member of your treatment team. He or she will facilitate communication between you, your treatment team and your family during your stay and will direct your discharge plan, which includes:

- providing recommendations for the most appropriate discharge destination
- coordinating of continued medical care and/or rehabilitation services
- determining availability of equipment needs
- identifying community services and other resources that may be available to you.

Looking ahead

Every patient looks forward to what life ahead will bring. When you are ready for discharge, your team will work with you to ensure that the transition is as smooth as possible. This includes helping you plan for any follow-up therapy, medical care, special equipment and/or other needs.
**Personal needs**

**Patient safety.** The care and safety of our patients is our top priority. We ask that everyone – patients, family members and visitors – help us to maintain a safe environment by following the guidelines posted throughout the hospital. This includes, for example, asking a staff member for assistance when you need to get in or out of bed, the bathroom or a wheelchair. We also ask that your guests wash their hands frequently, particularly before and after any patient contact.

Please be sure to report any safety concerns to a member of our staff so that we can address them promptly.

**Visitors.** Because the support of family and friends is an important part of the rehabilitation process, we encourage visitation. However, we suggest scheduling visits later in the day, so you can concentrate on your therapy. Note that guests are not allowed in treatment areas unless we have specifically asked them to participate in your therapy session.

**Laundry.** We request that you set up a laundry schedule with family members or friends to keep your clothing and personal items fresh and clean.

**Spiritual Resources.** Many patients find their religion to be a great source of hope and healing during the rehabilitation process. To accommodate these spiritual needs, your family’s religious counselor is always welcome to meet with you during visiting hours or we will try to arrange for local clergy to visit.

**Interpreter services.** Select Rehabilitation Hospital of Denton offers care-related interpreter services free of charge for patients with limited English proficiency. Information about this service is available through the Speech Department or the hospital’s Administration office.

**Communications**

**Televisions.** In-room television service is available and there is also a television in the day room for your enjoyment.

**Telephone service.** Each patient room is equipped with a phone for local calls. Long-distance calls will be billed to you accordingly. The use of a personal cell phone is also permitted. Unless it’s an emergency, please ask that family and friends call after your treatment hours.

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**Quick list**

As you begin your rehabilitation, you and your family are likely to have many questions. We trust this quick list will help answer some of your basic concerns.
Personal electronics. You may use laptops, personal music/video players and cell phones in your room or in appropriate public areas. However, such items are not permitted in the therapy gyms. In addition, you may use hairdryers, electric shavers, etc. for your personal needs. These items must be inspected and tagged by our maintenance staff. Select Rehabilitation Hospital of Denton is not responsible for any lost or stolen items.

Mail. Mail is delivered daily, except Sundays and holidays. Outgoing mail can be dropped at the nurses’ station or main reception desk.

Select Rehabilitation Hospital policies

Security. Our security staff is on hand to ensure the safety of our hospital campus. While most rooms are equipped with locking drawers and cabinets, we advise you to leave any valuables, jewelry, credit cards, checkbooks and large amounts of cash at home. If you need to have certain items, please check with the security office for safekeeping.

In addition, please note that no weapons, firearms or ammunition are permitted inside our building.

Smoking. Select Rehabilitation Hospital of Denton is a tobacco-free campus. The use of any tobacco product within our hospital or on our grounds is strictly prohibited. Similarly, no candles or devices with open flames are permitted.

Alcohol and drugs. The possession or use of alcohol and illegal drugs is not permitted under any circumstances and will subject patients to discharge. If an individual wants counseling for drug or alcohol dependency, we can provide a referral to an appropriate health care professional.

General information

Billing. Select Rehabilitation Hospital of Denton strives to ensure that all hospital, physician and other bills are processed correctly and in a timely manner through our Central Business Office (CBO). Please direct any questions about your account to our CBO at 888.317.5440.

Medical records. Copies of your medical records can be obtained by submitting a written request to our Medical Records Department. In accordance with state law, a fee may be charged.
Select Rehabilitation Hospital of Denton does not discriminate against any person on the basis of race, color, national origin, disability or age in the admission, treatment or participation in its program, services or activities or in its employment. For further information, please contact the Administration Office at Select Rehabilitation Hospital of Denton.