

Acute Rehabilitation Center



PIHHealth.org



Our Commitment to You and Your Loved Ones and Caregivers

The acute rehabilitation center (ARC) at PIH Health Hospital - Whittier is a dedicated unit with emphasis on helping patients resume the activities of daily living despite changes in their physical status. Our rehabilitative care is tailored to the unique needs of each patient. We encourage the support and involvement of family members and caregivers throughout the process. Our multidisciplinary team approach ensures that patients receive an integrated rehabilitation program to help achieve the highest level of recovery possible. Patients and their family members can count on our staff to provide support and comfort while meeting the needs of our patients.

At PIH Health, we know good health depends not only on physical well-being, but on a positive social, emotional and spiritual outlook as well. This enlightened perspective serves as the guiding principle for the care and services provided at the ARC. Our goal is to facilitate our patients' successful return toward independence, self-sufficiency and the home environment.

When to Consider Acute Rehabilitation

Patients who have difficulty with self-care activities such as standing, walking, dressing, hygiene, speech, thinking, problem-solving and/or pain management may be candidates for acute rehabilitation. Candidates may also include patients with the following conditions:

- Neurological Disorders
- Major Multiple Trauma
- Brain Injury (Traumatic or Non-Traumatic)
- Spinal Cord Injury
- Fracture of Femur (Hip Fracture)
- Amputations
- Stroke (Brain Attack)

Contact Us

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PIH Health Hospital - Whittier
12401 Washington Blvd.
Whittier, CA 90602

Phone: 562.698.0811 Ext. 12525

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The Acute Rehabilitation Approach

At the ARC, patients participate in three hours of physical, occupational and/or speech therapy each day. The goal is to re-educate patients on every activities of living including: standing, walking, bathing, dressing and communicating. Specially trained rehabilitation nurses are always on hand, 24-hours a day, to reinforce what the patient is learning.

Each patient's functional goals are reviewed and updated weekly at conferences attended by members of the entire rehabilitation team. At the time of discharge, patients requiring further rehabilitative treatment can be referred to our outpatient therapy department to help ensure continuity of care. We also assist in arranging home health services.

Our Team

Our team of rehabilitation experts represents a broad range of medical and treatment specialties. This team is led by the medical directors of the rehabilitation center. The team includes a physician; speech, occupational and physical therapists; nurses; social service professionals; a clinical dietitian; pharmacists; and other allied health professionals.

Therapies Designed to Expand Patient Abilities

At the ARC, a combination of therapies is prescribed according to each patient's unique needs, goals and abilities. Different types of therapies are listed below:

PHYSICAL THERAPY

Our physical therapists utilize therapeutic exercise, functional mobility training, gait training, stair training and car transfer training to address the individual needs of our patients. A physical therapy patio allows patients to practice extensive stair training and different textured walking surfaces, such as gravel, cement and grass, to prepare them for better mobility at home and in the community. Outdoor ramps allow patients to practice their wheelchair mobility. Physical therapists can also visit a patient's home to recommend equipment alternatives and safety measures for the home that will facilitate a smooth transition following the patient's discharge.

OCCUPATIONAL THERAPY

Occupational therapists assist patients in learning how to compensate for physical, perceptual and cognitive limitations to help master daily living skills. Patients are taught personal

grooming and hygiene, dressing skills, bathing and kitchen management. Evaluation for the use of adaptive equipment is completed to make daily living more manageable. Safety education is emphasized during all self-care activities. The ARC is equipped with a full kitchen and laundry facilities. These varied facilities help patients maximize their occupational skills, leading to an enhanced quality of life.

SPEECH THERAPY

Our speech language pathologists have many tools available to help determine the best course of treatment. Speech pathologists can help patients with communication and cognitive or swallowing disorders to reach their maximum level of independence. They perform swallowing evaluations using various diagnostic tools and make recommendations regarding a patient's diet and food consistency. They provide treatment to reduce the risk of aspiration and optimize nutritional status. Speech pathologist may also provide neuromuscular stimulation to improve swallowing ability.

CONTINUUM OF CARE

Successful rehabilitation requires a well-coordinated interdisciplinary plan from the first day of a patient's admission. At the ARC, we are committed to providing a full continuum of care. Our rehabilitation program includes acute rehabilitation, outpatient therapy and home health therapy.

Helpful Information

PAYMENT PLANS

At PIH Health Hospitals, we have a variety of payment options and our financial counselors will help guide you through those choices. Call us for more information or to discuss the payment plan most appropriate for you or your family member. We accept Medicare, Medi-Cal, Workers' Compensation, private insurance and more. Please call for more information at **562.698.0811 Ext. 14181**.

CALLING IS THE FIRST STEP

Patient's family members or physicians can call and request a patient evaluation. A member of our admission team will assess the patient and determine if he or she is appropriate for ARC. If the patient does not meet the rehabilitation criteria, our admission team may suggest and assist in planning an alternative level of care.

For more information regarding ARC, you may call **562.698.0811 Ext. 12525**.