

Saginaw, Aleda E. Lutz VAMC

Inpatient Rehabilitation Unit

Community Living Center Building 22

Our Rehabilitation Unit treats individuals with a variety of conditions including, but not limited to:

- ***Stroke**
- ***Amputations**
- ***Major multiple trauma**
- ***Brain injury**
- ***Polyarthritis**
- ***Neurological disorders**
- ***Spinal Cord Injury**
- ***Deconditioning**

OUR MISSION is to provide exceptional Inpatient Rehabilitation Services that maximize the Veterans functional potential in the community.



Inside this issue

Inpatient Goals.....	2
What to expect	2
Welcome letter	3
Veterans Experience	4
After Care Event.....	5
Direct Scheduling	6
Fall Prevention	7
Contact Inpatient Rehab	8

Rehabilitation team

- ◆ Rehab doctor
- ◆ Medical doctor
- ◆ Nurse practitioner
- ◆ Dietitian
- ◆ Social worker
- ◆ Rehab nurses
- ◆ Psychologist
- ◆ Physical therapist
- ◆ Occupational therapist
- ◆ Recreational therapist
- ◆ Speech pathologist
- ◆ Respiratory therapists
- ◆ Pharmacists

Inpatient Rehabilitation Goals

To optimize each patient's function including but not limited to:

- * Speech
- * Swallowing
- * Bowel and bladder management
- * Adaptation of disability
- * Potential for vocation productivity
- * Bathe
- * Groom
- * Dress
- * Use a wheelchair or be able to walk
- * Practice kitchen skills
- * Learn grocery shopping
- * How to get around in the community

For more information on Inpatient Rehabilitation Services, or to make an inpatient rehabilitation referral call the GEC Coordinator at (989) 497-2500 Ext. 11152

WHAT TO EXPECT

All rehabilitation patients in the CLC Rehabilitation Unit are expected to participate in at least 90 minutes of therapy each day.

An individual care plan will be developed by for your specific needs

Patient will receive a daily rehab schedule for therapy times .

The Inpatient Rehab Unit, which is also known as the Community Living Center (CLC), is an accredited Long Term Care and Rehab facility.

On behalf of our healthcare team, I want to assure you that we will do all we can to make your stay as positive and successful as possible.



We have prepared an information booklet to help answer questions that you may have when admitted to the unit. Our staff will be happy to help you answer any further questions.

Sincerely,

MARY MILLER, DO
Medical Director

A Veteran's Inpatient Experience

My name is Freddie Huston

I would like to tell about my time I spent at the VA Hospital as an inpatient after having a major stroke.

My speech was affected, I was not able to feed myself, the whole right side of my body was paralyzed. My vision was blurred, my right lung was not functioning, along with my right arm, hand, and leg.

Rehabilitation really helped me. I received help learning to speak and to feed myself with my left hand.

The Rehabilitation Team was able to get me to stand on my feet using the parallel bars. Also learned with a lot of hard work to control my wheelchair with my left hand and foot. The rehabilitation team never gave up on me.

I was a little scared at first but the Rehabilitation Team made me feel at home and that I wasn't alone.

I would recommend the Inpatient Rehabilitation to other Veterans, because I would have never gotten this far with out their assistance and guidance.

I would like to thank the entire Rehab Team for helping me be able to return home after approximately 3-months of rehabilitation.

Freddie Hutson



After Care Event

The Rehabilitation team presented an After Care Follow-Up Event in which patients from the past year were invited to attend. It was held on 1/18/2018 at the Saginaw Aleda E. Lutz VA. The patients were offered refreshments and a casino game theme for entertainment. They were also provided education on Fall Prevention, as a way to help the Veteran prevent falls in their homes or surrounding areas. This was a great way to see their progress and if there is anything we need to change in the future or answer any questions they may have since discharge from the Inpatient Rehab Unit.



Saginaw
Rehab Clinic

Located in the
basement of

Building 22,
Room B600

(989) 497-2500
EXT 11050
EXT 11060

Alpena CBOC

(888) 356-8720
Ext 15402

Bad Axe
CBOC

(989) 269-7445
Ext 15604

Clare CBOC

(877) 386-8113
Ext 15501

Grand
Traverse
CBOC

(800) 672-3114
Ext 15102

We look forward
to meeting your
mobility needs!

Direct Rehab Scheduling for Mobility Devices

(walker, cane, crutches, powerchair/
wheelchair)

What is **Direct Rehab Scheduling** **for Mobility Devices?**

Direct Scheduling means you can call the Re-
hab clinic at any time if you feel you need:

Walker

Cane

Crutches

Wheelchair

Powerchair



Direct Scheduling will save you time. You no longer need an order from your primary care provider to get a mobility device. You can call and make an appointment for an evaluation in the Rehab clinic.

Fall Prevention

It is very important to check your environment for risk factors. In the home, falls are more likely to occur in the bedroom, bathroom, and kitchen. These falls occur most often while:

- ◆ Moving from the bed or chair
- ◆ Moving from the toilet
- ◆ Getting in or out of the bathtub
- ◆ Tripping over carpet edges
- ◆ Tripping over the doorway entrance
- ◆ Slipping on wet surfaces
- ◆ Going down stairs

You should be aware of factors that can increase your risk of falling:



- ◆ Side effects of medication
- ◆ Dizziness, lightheaded
- ◆ How alert you are
- ◆ Episodes or periods of confusion
- ◆ Ability to understand and make decisions
- ◆ Difficulty asking for help
- ◆ Weakness or loss of feeling in arms or legs
- ◆ Can't see clearly

Other ideas to help prevent falls:

- ❑ Are there any steps or doorway entrances that may pose a hazard?
 - ❑ Is lighting bright enough?
 - ❑ Are there skid-proof strips in the bathtub and near the toilet?
 - ❑ Are all handrails securely fastened?
 - ❑ Are area rugs secured?
 - ❑ Are wooden floors non-slippery?
 - ❑ Is furniture placed appropriately?
 - ❑ Is furniture sturdy enough for support to get up and down?
 - ❑ Are there any cords in the pathway?
 - ❑ Are needed items within easy reach?
 - ❑ Is the bed the right height for getting on and off easily?
 - ❑ Ice on walkways and/or steps?
 - ❑ Are there clear paths throughout the house with nothing you could trip over?
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Disclaimer:

The material contained in this fact sheet is given only for your information and should not be considered as medical advice. **Consult your provider for medical help.**

Aleda E. Lutz VA Medical Center, Updated December 2017 #1517

For more information on the Inpatient Rehab Program
Please contact the CARF Coordinator at (989) 497-2500
Ext 11091