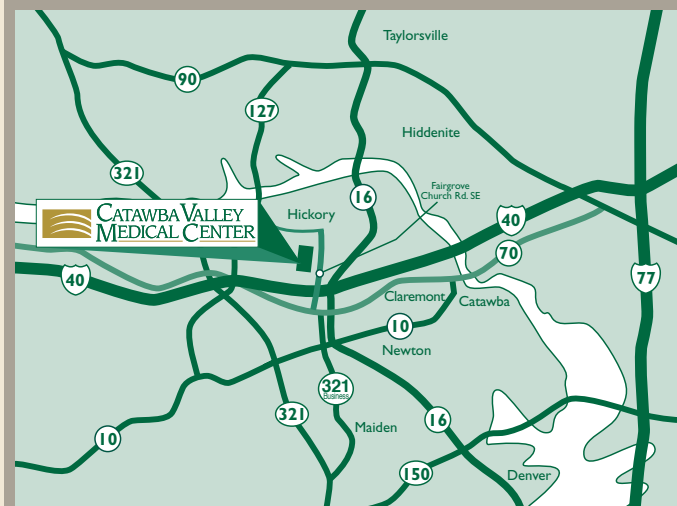


Catawba Valley Medical Center's rehabilitation professionals strive to maximize each patient's functional abilities through a personalized treatment plan. This plan is individualized to assist patients in meeting their personal goals.

Our dedicated, competent and caring team of professionals is trained to help motivate and educate both patients and their families during the rehabilitative process.



Directions: From Interstate 40, take exit 128 (Fairgrove Church Road). Proceed north on Fairgrove Church for less than one mile – Catawba Valley Medical Center will be on your left. The Comprehensive Rehabilitation Center is in the main building on the fourth floor.



Cardiopulmonary Rehabilitation

Fitness Plus Center

Inpatient Rehabilitation

Outpatient Rehabilitation

810 Fairgrove Church Road SE
Hickory, NC 28602
828/326-3100
www.catawbavalleymedical.org



**COMPREHENSIVE
INPATIENT
REHABILITATION**

We Put Patients and Their Families Center Stage

Patients and their families are integral members of the rehabilitation team. The rehabilitation process begins with the team working closely with patients to identify their personal recovery goals and designing an individualized treatment plan to meet those goals. We encourage family member involvement in the rehabilitation process working with staff through education and planning for successful discharge. Patient education sessions help prepare patients to safely return home and to the community. Patient and family education sessions help family members better understand patient needs to completely provide assistance at home. Our transitional living suite's home-like environment and participation in therapeutic day passes allows patients and their families to practice safety, functional skills and mobility prior to being discharged.

Gaining Independence and Maximizing Recovery

Our Inpatient Rehabilitation Center helps individuals recovering from stroke, orthopedic surgery, amputation, or other illnesses and injuries maximize their recovery. Located within Catawba Valley Medical Center, our 10-bed unit has achieved a maximum three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF). Our program and facility is designed to promote a high level of independence and patient comfort and safety.

Our Rehabilitation facility includes:

- Private and Semi-private rooms
- State-of-the-art equipped rehabilitation gym including the Lite gait training system
- Transitional Living Suite for demonstration of functional skills for discharge
- Kitchen, bathroom, and laundry areas for functional training
- Wheelchair accessible closets
- Community Dayroom for patient interaction and social dining



Our Interdisciplinary Team Approach

Catawba Valley Medical Center's rehabilitation professionals strive to facilitate each patient's independence and function through a goal-oriented and personalized treatment plan. The patient, their families and our interdisciplinary team work closely from admission to discharge.

Our inpatient team consists of:

- A Medical Director who is a Board Certified Physiatrist
- Certified Rehabilitation Registered Nurses (CRRN)
- Nurse Aides
- Physical Therapists
- Occupational Therapists
- Speech-Language Pathologists
- Recreation Therapist
- Case Managers
- Pharmacist
- Dietician
- Orthotists and Prosthetists



Our Comprehensive Inpatient Rehabilitation program also offers:

- Home Assessments
- FEES (Fiberoptic Endoscopic Evaluation of Swallowing)
- Community Reintegration Education and Outings
- Animal Assisted Therapy visits
- Horticulture Therapy in Outdoor Garden area
- Fun and functional Nintendo Wii activities

Our Admission Requirements

The criteria for admission to the Inpatient Rehabilitation Program at Catawba Valley Medical Center states that the patient must:

- Require the 24-hour availability of a physician and a registered nurse with special training or experience in the field of rehabilitation.
- Be able to participate in a minimum of three hours of therapy per day, five days per week.
- Require an intensive rehabilitation program which offers an interdisciplinary team approach. The patient's prescribed rehabilitation program must include at least two of the following therapies: physical, occupational and/or speech.
- Have physical conditions or impairments that demonstrate potential for significant improvement within a reasonable period of time. There must be sufficient community/ family support to facilitate a discharge to home or assisted living facility.
- Demonstrate cognitive abilities sufficient to follow one-step commands and demonstrate carryover.
- Be 18 years of age or older
- Receive financial clearance



For more information about making a referral or for a tour of the Inpatient Unit, please call the Admissions Liaison at 828/326-3100.

