



# Inpatient Rehabilitation

Mayo Clinic Hospital — Rochester

## REHABILITATION CARE AT MAYO CLINIC

A team of inpatient rehabilitation specialists cares for both adults and children in the 36-bed Inpatient Rehabilitation Unit, located in the Generose Building at Mayo Clinic Hospital, Saint Mary's Campus. Care on the unit is designed to maximize your independence and help with your transition back into the community. The Inpatient Rehabilitation Unit at Mayo Clinic is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

## REFERRAL AND ADMISSIONS PROCESS

Are you a candidate for inpatient rehabilitation?

Mayo Clinic follows federal guidelines for admitting persons eligible for inpatient rehabilitation unit care. Those admitted to the unit are people who realistically can expect to improve functional performance in a predictable time period.

To be eligible, you must have completed your medical and surgical testing and care but still require a hospital level of care. This means that you need physician monitoring, 24-hour nursing support, and intensive daily therapy.

You must be able to take part in three hours of therapy a day. This includes physical, occupational, speech, and recreational therapy. You may be ineligible for inpatient rehabilitation if you have any ongoing medical or psychiatric conditions that prevent you from fully participating in daily therapy sessions.





## COMMON REASONS FOR ADMISSION

Both adults and children may need inpatient rehabilitation care. Below are some examples of common reasons why people come to Mayo Clinic for rehabilitation:

- Spinal cord injury
- Brain injury or stroke
- Neurological disorders, such as Guillain-Barré Syndrome
- Rehabilitation after cancer, transplant, or heart surgery
- Amputation
- Hip fractures

## ADMISSIONS ASSESSMENT

Your health care provider may have told you that you need inpatient rehabilitation after surgery or medical treatment. If you are not hospitalized at Mayo Clinic Hospital – Rochester, your care team at your local hospital will contact us to determine your eligibility. If you are hospitalized at Mayo Clinic Hospital – Rochester, a member of the inpatient rehabilitation unit admissions team will visit you to determine if you are eligible for this level of care. Your caregiver or loved one is encouraged to attend and provide support and advice.

During the consultation, we will ask about your medical history, current medical needs, level of physical and cognitive function, and the accessibility of your home environment. We may ask

whether you plan to return home or to a skilled nursing facility after discharge from the unit.

If you are ineligible for inpatient rehabilitation, you might need additional medical or psychiatric care, or you might be ready for outpatient rehabilitation. You may choose to come to Mayo Clinic for outpatient rehabilitation, or we can suggest a rehabilitation specialist near your home.

Your hospital care team will contact us to begin the process of evaluating your eligibility for admission to the inpatient rehabilitation unit. Our goal is to ensure you receive the level of care that is right for you.

This material is for your education and information only. This content does not replace medical advice, diagnosis, or treatment. New medical research or legislation may change this information. If you have questions about a medical condition, always talk to your health care provider.