



Choosing an Appropriate Level of Care

You have many choices when seeking rehabilitation for yourself or a loved one. Many facilities offer rehabilitation services of some type; however, it is important to understand the differences in each level of care, including the experience, quality and overall nature of these services.

As the leading provider of inpatient rehabilitative healthcare services, Cobalt's expert team of physicians, nurses, therapists and hospital support staff is committed to a higher level of care. Integrity, Compassion and Excellence are values that drive our team to provide safe, quality and cost-effective care to Every Person, Every Time.

The following questions can help you evaluate your options for inpatient rehabilitative care.

Cobalt
Acute
Inpatient
Rehab

SNF
(Skilled
Nursing
Facilities)

- | | | |
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| 1. Is the facility truly a Medicare Certified Inpatient Rehabilitation Hospital (IRF), accredited by a recognized organization such as The Center for Improvement in Healthcare Quality. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Does the facility offer spacious, well-equipped therapy gyms and cutting edge rehabilitation technology to help you reach your full potential for recovery? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. Will your care be directed by a rehabilitation physician who is available to manage your medical needs on a daily basis, if necessary? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 4. Is the facility required to routinely monitor quality outcomes and how well patients do as a result of their rehabilitation? If so, do the vast majority of patients return home after completing their rehabilitation? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 5. Does the entire clinical staff work as a team, and conduct weekly formal team conferences to ensure you receive the most benefit from your rehabilitation? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 6. Are there expert physical, speech and occupational therapists to carry out an individualized treatment plan based on your specific needs? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 7. Are rehabilitation services required at least three hours daily and available seven days a week? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 8. Do family members and patients meet regularly with physicians and the rehabilitation team to set goals and discuss progress? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 9. Does the staff provide patient and family education and training, and refer you to community services to help you and your family with the skills needed for a smooth transition home? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 10. Does the facility coordinate your post-discharge and/or home health services if you require further rehabilitation after your stay? | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

When it comes to rehabilitation after illness or injury, acute care rehabilitation hospitals provide a significant advantage over other settings. Research clearly shows that outcomes are better and recovery is faster in the acute-care setting, compared to skilled nursing and nursing home care.