

## REHABILITATION PROGRAM

**small means more.**

More capacity for healing.  
More focus on you.

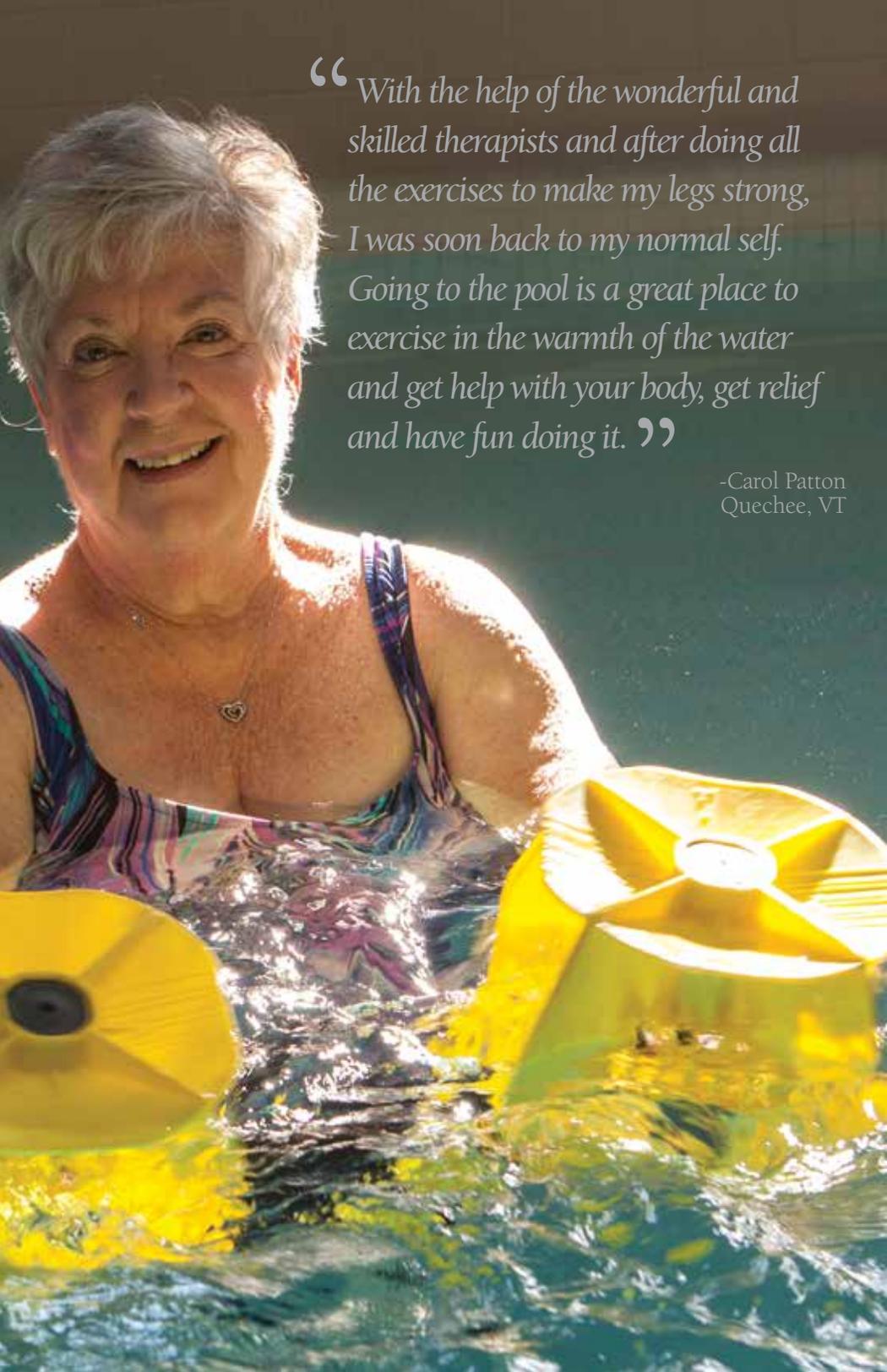


*The Rehabilitation Center  
at Mt. Ascutney Hospital —  
offering patient-centered  
rehabilitative care for your  
best possible recovery from  
significant illness or injury.*



**MT. ASCUTNEY HOSPITAL**  
AND HEALTH CENTER

A Dartmouth-Hitchcock Affiliate



“With the help of the wonderful and skilled therapists and after doing all the exercises to make my legs strong, I was soon back to my normal self. Going to the pool is a great place to exercise in the warmth of the water and get help with your body, get relief and have fun doing it.”

-Carol Patton  
Quechee, VT

## Welcome to Mt. Ascutney Hospital and Health Center's Rehabilitation Program

For more than 25 years, Mt. Ascutney Hospital and Health Center has been widely recognized and respected for its comprehensive and compassionate rehabilitative care. Our inpatient and outpatient Rehabilitation and Physical Medicine Programs are the first choice of hospitals and health care providers throughout Vermont and central New Hampshire for their patients who need intensive or ongoing rehabilitation services.

One of only two acute rehabilitation programs in Vermont, Mt. Ascutney Hospital offers the most advanced patient-centered services in a comfortable and easily accessible facility. In July 2015 we opened a new state-of-the-art inpatient facility to further enhance the intensive and personalized rehabilitative therapy and care offered by our highly-skilled staff.

Your rehabilitation and recovery will require hard work, persistence and patience. At Mt. Ascutney Hospital, we're committed to helping you reach your highest level of recovery. Your own personalized team of skilled specialists from diverse disciplines will be on hand to support and encourage you at every stage along the way.

### Mt. Ascutney Hospital's Rehabilitation and Physical Medicine Programs Offer

- Extensive inpatient and outpatient facilities including the Miller Therapeutic Pool for aquatic physical therapy
- A team of experienced doctors and therapists, most with specialized training and certification in rehabilitation therapy and care
- Complementary and Alternative Medicine options
- Addressing all aspects of recovery including emotional and social support, family involvement and education
- Treatment for the full range of conditions ranging from stroke and cardiopulmonary disease to recovery from significant neurological or orthopaedic illness or injury
- Acute rehabilitation programs that are fully accredited by CARF, the Commission on the Accreditation of Rehabilitation Facilities



### Our Mission

*“To improve the lives of those we serve by using an interdisciplinary team approach to help every patient achieve the highest possible level of functional independence and quality of life.”*

## Three Levels of Care to Meet the Full Range of Rehabilitative Needs

Mt. Ascutney Hospital and Health Center offers three levels of rehabilitative care to meet the full range of patient needs. You may be admitted into one program level but move to another as you progress through rehabilitation treatment and recovery.

### Acute Rehabilitation Program

The Acute Rehabilitation Program provides intensive rehabilitation on an inpatient basis for patients who have significant impairments from illness, injury, surgery, neurological disorders, or chronic disease. Each patient works with a team of rehabilitation experts tailored to his or her specific therapeutic needs, and receives three or more hours of daily therapy up to seven days a week, as appropriate or tolerated, between the hours of 7 AM and 4 PM.

### Swing Care Program

The Swing Care Program supports patients who no longer need acute hospital care but who are not yet well enough to be cared for at home. Some patients may also require continued physician management of complex medical conditions or a modified pace of therapy for continued recovery. Patients in this program receive skilled nursing care on a 24-hour basis and therapy services for one to two hours a day.

### Outpatient Rehabilitation Program

The Outpatient Rehabilitation Program provides ongoing physical medicine and rehabilitation therapies for adult and pediatric patients. The program supports patients who have left the hospital but continue to need rehabilitation to increase their level of function, and patients who do not require a hospital stay for treatment due to an injury or chronic illness.

Treatment plans are coordinated to enable patients to receive all of their services in one location. Patients may be seen in the Mt. Ascutney Hospital Professional Building, which is home to the orthopaedics and physical therapy departments, or in the main Rehabilitation Center, which also houses the Miller Therapeutic Pool.



## Referral Process for Inpatient Program

You are referred to Mt. Ascutney Hospital's Rehabilitation Program by the physician or health care facility that is involved in your medical, emergency or surgical care prior to rehabilitation.

### Referral

The referring facility or physician contacts the Rehabilitation Referral Coordinator to provide information about your medical and rehabilitative needs, including diagnosis, medical stability, current level of function, and recovery goals. The Referral Coordinator meets with rehabilitation physicians to assess whether Mt. Ascutney Hospital is an appropriate placement and to determine the program level and services appropriate to your care.

### Acceptance

If you are accepted for admission, the Referral Coordinator will confirm the date, time and program you will be admitted to, and the physician who will be overseeing your care. If we are not the best place for your recovery and care, the Referral Coordinator will contact your referring facility to explain why we cannot accept you and to suggest alternative care sites.

### Insurance and Payment

We accept most major insurance plans. Prior to admission, your insurance coverage will be reviewed. As much as possible, we verify the extent of your coverage, and notify you if it is likely to cover less than 100% of the proposed length of stay. Financial assistance or payment plans may be available.

# Advanced Physical Medicine and Rehabilitative Services

Our rehabilitation treatment is tailored to the patient's individual needs and may include several—or all—of the following therapeutic services.

**Physical Medicine and Rehabilitation (PM&R)** is the diagnosis and treatment of injuries and illnesses that affect the body's movement through a focus on the whole patient rather than on a particular symptom or condition.

**Physical Therapy (PT)** uses exercise and manipulation to address movement and functional issues related to musculoskeletal dysfunction, neurological disorders, injuries, and surgeries. Specialized physical therapy programs are also available:

**Aquatic Therapy** uses the weightless environment of a pool to enable patients to perform exercises that may be difficult or even impossible out of the water. The warm water relaxes joints and limbs for exercise with little or no discomfort.

**Bioness Lower Extremity Electrical Stimulation Orthotic** uses mild electrical stimulation with an orthotic to decrease muscle spasms and improve lower extremity limb function.

**Lymphedema Treatment** improves function and reduces or eliminates swelling associated with lymphedema. At Mt. Ascutney Hospital, therapists incorporate the Vodder therapeutic massage technique and wrapping for lymphedema treatment.

**Postural Restoration** is a unique treatment approach that uses both hands-on techniques and exercises to address postural patterns and muscular imbalances associated with conditions such as scoliosis and other musculoskeletal dysfunctions.

**Occupational Therapy (OT)** addresses neurological issues associated with conditions such as stroke, spinal cord injury and multiple sclerosis. Treatment focuses on functional mobility, cognitive and visual impairments, and introduces daily living activities such as dressing and home management. Treatment may incorporate the following specialized services and techniques:

**Bioness Upper Extremity Electrical Stimulation Orthotic** uses mild electrical stimulation with an orthotic to decrease muscle spasms and improve upper extremity limb function.

**Bioness Vector Gait and Safety System** is a ceiling-mounted technology that supports a patient's weight to enable walking; ideal for those recovering from stroke and spinal cord injury, amputation or orthopedic injury, or from surgery to the hip and lower extremities.

**Hand Therapy** offers assessment, planning and treatment of therapeutic interventions to prevent dysfunction or restore function of the upper limb, including the hand, wrist, elbow and shoulder girdle.

**Dynavision Screening**, originally designed as a device to improve the visuomotor skills of athletes, may be used for patients whose visual and/or motor function has been compromised by injury or disease.

**Speech Therapy** evaluates and treats swallowing, speech, language and cognitive-linguistic skills that may be impaired in people with neurological conditions such as stroke and Parkinson's disease.

**Recreational Therapy** offers leisure lifestyle counseling to enhance quality of life after life-changing illness or disability. Relaxation and stress management techniques are taught to aid in managing symptoms.

**Complementary Medicine Therapies** such as acupuncture, Reiki and therapeutic massage are available on a fee-for-service basis through the Hospital, the Healing Arts Clinic in Windsor, and on an inpatient basis.

**Pain Management** works closely with the patient and the rehabilitation team to monitor and assess pain and to provide treatment in order to both improve comfort and speed recovery.

**Cardiac Rehabilitation** uses exercise and education to improve physical fitness and reduce the risk of progressive heart disease in patients who have experienced a heart attack, cardiac surgery, angina or other heart conditions.

**Pulmonary Rehabilitation and Behavioral Medicine** services are also available.



## Your Rehabilitation Team



### As a patient in the Rehabilitation Center, you will work with a team of health professionals who are specially trained in rehabilitation and physical medicine.

Your rehabilitation team includes you and your family along with doctors, nurses and therapists with the expertise best suited to your needs. This team will design your treatment plan and provide your care.

The **Physiatrist** is a doctor who is specially trained in how the body's nerves, muscles, bones and brain affect how you move. The Physiatrist leads your rehabilitation team in the design and implementation of your treatment program.

The **Case Manager** works with you and your family to understand and address the emotional, social, financial, vocational and educational needs that may arise as a result of your condition. The Case Manager is a key partner for you and your family throughout your stay, beginning with your admission, through treatment and in planning your discharge.

Our **Nurses** are involved in your care on a daily basis to help you regain optimal function and prevent further complications. Our nurses are specially trained and many are certified in rehabilitation care.

A **Speech/Language Pathologist** may evaluate and work with you on issues related to swallowing, speaking, processing and expressing thoughts, and memory.

The **Physical Therapist** or **Physical Therapy Assistant** works with you to improve your strength, coordination, balance, endurance, muscle performance and functional mobility. At Mt. Ascutney Hospital, many therapists have additional training and expertise in specialty areas such as postural and vestibular restoration, lymphedema treatment, or work capacity evaluations.

With the **Occupational Therapist** or **Occupational Therapy Assistant**, you work on everyday tasks such as bathing, dressing, eating and managing household activities, as well as on cognitive tasks such as reading, writing and handling money. Specially trained Certified Hand Therapists also may work with you to address upper limb function involved in these activities.

The **Therapeutic Recreation Therapist** is involved in your treatment through leisure activities and social interaction. In the Therapeutic Workshop, patients focus on the hobbies and activities that make life more enjoyable and on returning to those activities with whatever adaptations may be necessary.

The **Registered Dietitian** conducts a nutrition assessment and attends to your nutritional needs during your stay. The Dietitian also provides nutrition counseling to you and your family and works with you to develop the optimal dietary plan for when you return home.

Other **Affiliated Services** that are available to you include audiology, chaplaincy, prosthetics, psychiatry, substance abuse counseling, vocational counseling, and driver rehabilitation.

# What to Expect During Your Stay

## Daily Therapy

Although you are in the hospital, the Rehabilitation Program is different from other types of hospital stays. You will be up, dressed and active, and your day may include up to five hours of therapy depending on your program level and specific treatment plan. You should bring three to four changes of clothing, shoes with rubber soles, personal toiletries and small remembrances of home. Please do not bring large sums of money or valuables.

## Team Meetings

While you are at Mt. Ascutney Hospital, your rehabilitation team works with you to assess and coordinate your care. At regular meetings the team reviews your progress and goals for your treatment and makes appropriate modifications to the treatment plan.

## Family Meetings

At Mt. Ascutney Hospital, we include your family and friends as vital participants in your care and recovery. Family meetings with you, your family members and friends, and your rehabilitation team may occur both formally and informally throughout your stay to discuss your rehabilitation plan, progress, goals, and target discharge date.

## Rehabilitation Therapy Groups

If you are newly disabled, you may be involved in therapy groups that are designed to help you learn about and develop strategies for self-care and independence. These groups include education about disabilities and address memory, relaxation, life skills, and exercise.

## Peer Counseling/Support Services for Family

Particularly if you are newly disabled, you may meet one-on-one with a person who has a similar disability to gain practical information and emotional support from someone who knows from personal experience what you are going through.

## Pet Visits

In many cases, with prior approval, your dog or cat may be able to visit to provide companionship and comfort during your stay. Please ask about our policy.

## Transitional Suite

We offer an overnight, homelike studio apartment setting where patients and key family members may stay and practice the skills necessary for a successful return to normal living. A fully functioning kitchen with refrigerator, stove and microwave is also close to the transitional suite for practicing adaptive skills.

## Home Evaluations

As your discharge date approaches, a home evaluation may be scheduled to help you and your family prepare and adapt your home. Following the evaluation, a list of recommendations is provided on how to improve the accessibility of your home to allow for your optimal independence.

## Community Outings

After becoming disabled many people are anxious about things such as shopping, eating in a restaurant, or attending community activities. Community outings help reduce those fears by providing education and practice in navigating public settings with a disability. Outings with family and friends also may be scheduled to give everyone an opportunity to practice adaptive skills prior to your discharge.



Mt. Ascutney Hospital and Health Center is committed to providing high-quality, personalized care to improve the lives of those we serve in the Windsor and Woodstock communities, and in the surrounding areas of Vermont and New Hampshire and beyond.

At Mt. Ascutney Hospital and Health Center, small means more.

#### **More personal attention.**

We take the time to listen and to pay attention to your specific concerns and needs.

#### **More specialized services.**

We offer a range of services and programs to meet the primary and specialty care needs of our community and partner with other health care organizations to deliver highly specialized services.

#### **More capacity for healing.**

Mt. Ascutney Hospital includes acute and swing care units providing medical and surgical care, and inpatient and outpatient Rehabilitation Center offering patient-focused physical medicine and therapy. Our Emergency Department is open 24-hours, every day of the year.

Our team of experienced and dedicated health care providers and numerous other medical and support staff are committed to delivering the very best care to the people we serve.



PAST WINNER OF THE  
Foster G. McGaw Prize  
for community service  
A prestigious honor  
in healthcare



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AND HEALTH CENTER

A Dartmouth-Hitchcock Affiliate

289 County Road, Windsor, VT  
[MtAscutneyHospital.org](http://MtAscutneyHospital.org)

#### **Our Services and Programs Include:**

Cardiac Rehabilitation  
Complementary and Alternative Medicine  
Dermatology  
Diabetes Education  
Emergency Medicine  
Family Practice  
Gastroenterology  
General Surgery  
Hospice Care  
Hospital Medicine  
Infusion Therapy  
Internal Medicine  
Nutrition Counseling  
Oncology  
Ophthalmology  
Orthopaedics  
Otolaryngology  
Pain Management  
Palliative Care  
Pediatrics  
Physiatry  
Physical Medicine & Rehabilitation  
Physical & Occupational Therapy  
Podiatry  
Primary Care  
Psychiatry  
Pulmonary Rehabilitation  
Radiology  
Rheumatology  
Surgical Services