



Center for Rehabilitation at Wilmington Hospital (CRWH)

At the Center for Rehabilitation at Wilmington Hospital a team of health professionals works with you to regain or improve the skills you need for daily life. Patients receive nursing care, management of medical problems, and rehabilitation care.

What rehabilitation services are included?

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| Physical Medicine & Rehabilitation Providers | Speech Language Pathology | Nutritional Support |
| Rehabilitation Nursing | Therapeutic Recreation | Orthotics and Prosthetics |
| Physical Therapy | Case Management | Pastoral Care |
| Occupational Therapy | Social Work | Support Groups |

What is the availability of services?

- Each day patients receive at least three hours of therapy.
- Daily therapy includes two or more types of therapy.
- Skilled rehabilitation nursing is available to patients 24 hours a day all year long.
- Therapy services are available seven days a week during the day.
- Physical Medicine & Rehabilitation physicians are onsite and see patients at least 3 times per week.
- All services are provided by ChristianaCare except for Orthotics and Prosthetics, which is offered by referral.

How do I know if I am eligible for services?

- We accept patients 18 years or older that are medically stable.
- Patients may be referred from their provider's office, the hospital, home care providers, and other rehabilitation centers.
- Our staff reviews each referral to decide if CRWH is the right next step for you based on your medical and therapy needs.
- Medical problems that cause struggles with bowel and bladder control, high blood pressure, diabetes, trouble swallowing, sensory impairments, nutritional needs, skin breakdown, pain, anxiety, and depression may also support admission to the CRWH.

What if I am not accepted to the CRWH Rehabilitation Program?

- Patients who are not accepted to CRWH are offered alternative rehabilitation care options.

What medical problems usually lead to acceptance?

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| Stroke | Spinal cord injuries | Heart and lung problems |
| Lower extremity amputation | Myelopathies | Multiple broken bones |
| Brain injuries | Spinal stenosis | Joint replacements |
| | Neurological problems | |

How do I pay for services?

- CRWH accepts Medicaid and Medicare, commercial insurance, and self-payment for services.
- Financial counseling is available through Financial Services at ChristianaCare.

What can patients expect from the services provided?

The health care team at CRWH work together to create a unique plan of care for your individualized needs.

Specially Trained Doctors (Physical Medicine & Rehabilitation Providers)

Doctors specially trained to care for people in rehabilitation are called Physical Medicine & Rehabilitation providers. They are responsible for guiding your care and treatment in this program. They will order needed services, choose the plan of care, manage medical needs, and make sure that the whole team is working together to give you the best possible care.

Rehabilitation Nursing

Rehabilitation nurses provide skilled services that are unique to your individual needs. They manage medicines, skin care, positioning and bowel and bladder needs. Nurses also provide health education on medical problems and healthy lifestyles.

Psychology/Neuropsychology

Psychologists are health professionals who have training and expertise in human behavior and psychological health. Psychologists are available for you if you need them. They will examine and treat you and your family through counseling and therapy. They also lead group sessions to provide support and education.

Physical Therapy

Physical therapy is a type of treatment you may need when health problems make it hard to move around and do everyday tasks. It helps you move better and may relieve pain. It also helps improve or restore your physical function and your fitness level. Physical therapy includes:

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| Help with walking (Gait Training) | Strengthening and range of motion | Teach use of assistive devices |
| Balance training | Check need for assistive devices | Elevation training |
| Facilitation of movement | | Safety education |

Occupational Therapy

Occupational therapy trains people to care for themselves using skills and devices that help with everyday activities. An occupational therapist helps you practice eating, bathing, dressing, writing, and other daily tasks. Occupational therapy includes:

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| Activity of daily living training | Functional mobility skills | Specializing splinting as needed |
| Adaptive device assessment and training | Functional cognitive skill training | Home safety education |
| | Facilitation of movement | |

Speech Language Pathology

The speech language pathologist helps you relearn speech and language skills and can help if you have problems with swallowing. Speech pathology testing includes:

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| FEES | Aphasia evaluation and treatment | Neuromuscular re-education |
| Video swallow studies | | Voice Therapy |
| Cognitive linguistic evaluation and training | Video stroboscopy | |

Case Management & Social Work

Case managers provide guidance for after you leave rehabilitation. They help with navigating insurance benefits, getting equipment and supplies, arranging follow-up care, and ongoing education on your condition and care. Social workers can help with choosing where to go after your rehabilitation at CRWH is completed. They also provide community resources to you and your family.

Pastoral Care

Pastoral Services are available upon request. Culturally sensitive and spiritually motivated chaplains provide support for the healing processes of the mind, body, and spirit.

Therapeutic Recreation Services

A recreational therapist helps you return to activities you enjoyed before your medical problems.

Nutritional Services

A registered dietician helps plan a healthy diet. They provide recommendations for healthy eating and supplements that support both medical and cultural needs.