

Exploring Your Options

Skilled Nursing vs. Acute Rehabilitation



If your loved one needs continued care and rehabilitation after a traumatic injury, you will likely hear about both skilled nursing and acute inpatient rehabilitation facilities — and wonder how to choose between them. Understanding the differences between these two types of facilities will help you select the **right level of care to support your loved one’s recovery and independence** after their hospital stay.

What’s the Difference?

Acute inpatient rehabilitation facilities (IRFs) — like Good Shepherd — offer short-term, intensive rehabilitation programs for patients who are recovering from major surgeries or traumatic injuries, such as stroke or spinal cord injury.

Skilled nursing facilities (SNFs) provide short-term or long-term care for patients who no longer need hospital care but still require ongoing medical supervision and support for recovery.



Comparing Levels of Care

	THERAPY INTENSITY & FREQUENCY	CARE TEAM & EXPERTISE	GOALS FOR RECOVERY
IRF 	Up to 3 or more hours of therapy per day, with personalized, goal-oriented programs designed to maximize functional recovery.	Care provided by an interdisciplinary team including physiatrists, rehabilitation nurses and therapists specialized in complex injury recovery.	Focus on restoring function, rebuilding strength and maximizing independence , with the goal of returning you to your home.
SNF	About 1-2 hours of therapy per day, typically less rigorous and focused on gradual improvement or maintenance.	Care provided primarily by nurses and support staff, with therapy from licensed therapists and periodic physician visits.	Focus on maintaining current abilities and stabilizing health.

Helping You Decide What's Best

Choosing between skilled nursing and acute inpatient rehabilitation is a significant decision. Talk to your loved one's current care team to understand what type of therapy and environment will promote their best recovery. Also keep in mind your loved one's recovery goals, their ability to participate in intensive daily therapy and their level of independence before the injury.

Touring facilities and meeting staff can also give you valuable insight into each option — and help you feel confident that you are making the right choice. It allows you to observe the environment firsthand, experience the atmosphere and see how patients are supported during their recovery.



Experts Dedicated to Your Recovery

At Good Shepherd, our rehabilitation care programs are led by physicians who specialize in physical medicine and rehabilitation. Our team will assess your specific needs and goals to design a personalized recovery plan.

- Physical Medicine and Rehabilitation doctors
- Rehabilitation nurses
- Nursing assistants
- Occupational therapists
- Physical therapists
- Speech therapists
- Respiratory therapists
- Recreational therapists
- Care managers
- Psychologists
- Dietitians

To schedule a tour, call **1.888.44.REHAB**. We're here to help you take the next step forward for your loved one's fullest recovery.