

What to Expect During Your Hospital Stay

At Good Shepherd, your rehabilitation journey begins on day one. As soon as you enter our doors, our team evaluates your needs to develop a personalized recovery plan. Here's what you can anticipate during your stay at our state-of-the-art hospital.

Private Patient Entrance

Your comfort and dignity are important to us. Every patient is first taken to a private entrance, where you are greeted personally by our team and escorted up to your floor. Bright, inspiring artwork and motivational messages set a positive tone as you start your journey to healing.

Your Daily Routine

During your stay, you will participate in three hours of physical, occupational and/or speech therapy daily, depending on your needs. Your treatment team, led by a physiatrist specializing in Physical Medicine & Rehabilitation, prepares a **recovery process tailored just for you.**

Our nursing and occupational therapy teams help you get ready for each day, providing medication and dressing, grooming and bathroom assistance. You will see your Good Shepherd physician a minimum of three days per week and can count on daily physician oversight, medical management and 24-hour nursing care.



What to Bring

Please bring the following for your stay. Your admission liaison can provide a more detailed list upon request.



Comfortable clothing for exercise (e.g., cotton T-shirts, shorts)



Supportive sneakers or well-fitting, skid-free shoes with backs



Toiletries



Photo ID



Insurance card

Therapy Spaces

Our hospital is equipped with leading-edge facilities to support your rehabilitation, including:

THERAPY GYMS

Each floor features a spacious therapy gym with natural light and stunning views of the surrounding countryside. Gyms are equipped with therapy and exercise equipment, as well as the latest rehabilitation technology.

ACTIVITIES OF DAILY LIVING SUITE

Engage in daily tasks in a fully functional apartment setting with bed, bathroom/shower, washer/dryer, kitchen appliances and more to prepare for life back home.

OUTDOOR THERAPY & ACTIVITIES GARDEN

Practice walking and enjoy the outdoors in a welcoming green space, including wheelchair accessible trails, a golf putting green and raised gardening beds.



Meal Service

Menus of our nutritious and delicious food offerings are provided daily on the units, with special menus available upon request.

Patient meal service is provided at the following approximate times:



Breakfast: 8 – 8:45 a.m.



Lunch: 12:15 – 1 p.m.



Dinner: 5:30 p.m.

Family Participation

At Good Shepherd, family members and caregivers play a vital role in the recovery process. We welcome them to attend therapy sessions and educational classes, where our team collaborates to discuss goals and plans of care.

Our Discharge Readiness Class is specially designed for families and patients who are being discharged within the week, providing an overview of the discharge process and connecting families with valuable resources.

Visiting hours are 10 a.m. – 8 p.m.

Free parking close to the front entrance; no shuttle required

Ready to Plan Your Stay?

Call **1.888.44.REHAB** to schedule a tour of Good Shepherd Rehabilitation Hospital and learn how we can support your journey home.