

Day Rehabilitation Program

Alexian Brothers Medical Center is ranked among the best hospitals in the nation in orthopedics and respiratory care; St. Alexius Medical Center is ranked among the best in respiratory care.



Rehabilitation Institute of Chicago is ranked the best rehabilitation hospital in America for the 16th consecutive year.



Alexian Rehabilitation Hospital



ALEXIAN
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Rehabilitation Institute of Chicago

An Alexian Rehabilitation Hospital Success Story

Chuck Hofvander was a 52 year old married father of two teenage sons when he had a stroke in March of 2004. His stroke caused him to have paralysis of his right arm and leg as well as aphasia, rendering him unable to speak, despite being able to understand most things that were said to him.

After being discharged from the inpatient rehabilitation unit at Alexian Rehabilitation Hospital (ARH), he was referred to the Day Rehabilitation Program at ARH to continue physical, occupational and speech therapy. At the time, he was able to say a few words, but speaking in sentences was difficult. He also needed assistance with getting washed and dressed and needed the assistance of a leg brace and a cane to walk.

During his three-month Day Rehabilitation Program, Chuck worked with the therapists on goals they set together. He participated in individual speech therapy treatment, as well as in groups with other patients, practicing conversation and word finding skills. In occupational therapy, he worked with the therapists to increase his independence in getting himself ready in the morning. Additionally, he worked on increasing the use of his left arm with electrical stimulation treatments. He also worked on getting back out into the community by going on outings with the therapists to the store and to a local farmer's market. An avid bicyclist prior to his stroke, Chuck worked on improving the strength of his leg in physical therapy. By the time he was discharged from therapy, he was able to walk independently with a cane and had returned to his hobby of bicycling, with a modified bike his friends purchased for him.



Chuck Hofvander riding his modified bike given to him by friends after having his stroke.

Now, Chuck has returned to his hobbies and more. He plans to volunteer at Alexian Rehabilitation Hospital as a way to give back to those who helped him. An aphasia support group is starting up at ARH, and Chuck and his wife are instrumental in the planning and organization. Most notably, he plans to give a speech at an upcoming aphasia conference offered at Northwestern University.

The Challenges and Rewards of Day Rehabilitation

Day rehabilitation is intensive therapy for patients whose medical condition is stable but who need at least two of the following therapies—physical, speech, or occupational—for at least three hours a day, to return to the activities of daily living. For most people, day rehabilitation is a new experience.

The immediate benefit of day rehabilitation is that it permits patients to be at home and in their communities again, while participating in intensive therapy. As in inpatient rehabilitation, day rehabilitation patients set goals, make choices, and are active in their own progress.

The time spent in day rehabilitation is like an investment, since progress made now can improve the quality of your life for years to come. Because the outcome really matters, and because day rehabilitation calls for a substantial commitment of time and energy, it is essential to choose the right program. Your hard work needs to be matched by the dedication and expertise of those who'll be working with you.

The Conditions We Treat

At the Day Rehabilitation Program at ARH, we treat the conditions listed below. Our facility has on-site experts licensed in occupational therapy, physical therapy, speech-language pathology, swallowing assessment and therapy, and psychology.

Amputation and Limb
Deficiency
Arthritis
Back Injury
Brain Injury
Brain Tumor
Burns
Cancer
Cerebral Palsy
Chronic Pain
Emphysema
Fibromyalgia
Gait Disorders

Joint Replacement
Multiple Sclerosis
Musculoskeletal
Conditions
Orthopedics
Osteoporosis
Parkinson's Disease
Pulmonary Conditions
Spasticity
Spinal Cord Injury
Spine Tumors
Stroke



Choosing the Day Rehabilitation Program That’s Right for You

You may wonder how to judge the various options you have for treatment. Although it is tempting simply to choose whatever is closest to your home, it is important to find therapy that meets more crucial criteria in the long run.

Consider the following:

- Does the provider of treatment offer a history of excellence, medical expertise, and patient satisfaction?
- Is your treatment overseen by a physiatrist—a doctor who specializes in physical medicine and rehabilitation —not solely by a nurse?
- Is therapy supervised by a licensed therapist, or by a less highly trained aide?
- Is there continuity of care? Will you be able to see the same therapists on a regular basis?
- Will therapy be tailored to your needs and strengths as an individual?
- Will your wishes and the goals you set yourself be taken into account?
- Will you be offered the benefits of both individual and group therapy?
- Can you be sure that the provider of treatment has your progress and well being as its guiding objective?
- What is the provider’s track record of success stories?

Alexian Rehabilitation Hospital – Continuing the Rehabilitation Institute of Chicago Standard of Excellence

Alexian Rehabilitation Hospital (ARH) offers the best in rehabilitation care provided through an affiliation of Alexian Brothers Hospital Network and the Rehabilitation Institute of Chicago (RIC). RIC has been ranked “Best Rehabilitation Hospital in America” every year since 1991 by *U.S. News and World Report*, and the hundreds of board-certified physicians they surveyed nationally. RIC sets the standard of excellence for rehabilitation care across the country and around the world.

RIC is an innovator in rehabilitation therapies and a pioneer in research. For example, RIC has been designated Midwest Regional Rehabilitation Center by the National Institutes of Health (NIH) and Rehabilitation Research and Training Center for Stroke by the National Institute on Disability and Rehabilitation Research (NIDRR).

Many of the therapies now used throughout the nation were first developed at RIC. RIC experts train thousands of therapists each year who work in other hospitals and clinics here and abroad.

Unrivaled Care at a Convenient Location

The Day Rehabilitation Program at ARH is dedicated to providing the same standard of care as our world-renowned partner, RIC. ARH, in affiliation with RIC, provides continuity of care as you progress, from inpatient to day rehabilitation to outpatient treatment.

Rehabilitation Tailored to Your Needs

Because we have created a range of therapeutic techniques, we are able to tailor a therapeutic program to meet your medical needs, and to suit your temperament. ARH employs a team approach. Therapists confer regularly, listen to your hopes and concerns, and as a team, focus on the goals you have chosen. Our aim is to help you achieve your best life possible.

At ARH, treatment is administered by skilled therapists under the direction of a physiatrist, a doctor who specializes in physical medicine and rehabilitation. You'll have a team of physical and occupational therapists, and speech-language pathologists that you'll see on a regular basis, who work with you during each session, come to know you, and feel excitement and pride in your progress.

The Benefits of Group Therapy: Shared Experiences, Communication, and Confidence

Much of your therapy will be one-on-one. But while we regard our patients as individuals, we know they are also members of families and communities. Therefore it is an essential part of treatment to make sure patients have a good feeling about themselves in relation to others and the larger world. That's why you'll have the opportunity to participate in therapies designed for pairs or small groups. Together you'll take "field trips," and get the training and confidence to go out into the community and interact with others.

Your First Day at the Day Rehabilitation Program at Alexian Rehabilitation Hospital

People often wonder how to prepare for their first visit. You'll receive a schedule for your therapy sessions before you start, so you'll know if you'll be attending a half-day or a full day program. Wear clothing that's loose fitting and comfortable so you can move freely. Most people who attend full day programs like to bring a lunch. There are refrigerators and microwaves available for your convenience.

On your first day at the Day Rehabilitation Program, you may have an evaluation by a physiatrist. There will be an orientation for you and your family, and a chance to discuss both your immediate issues and needs and your long-term goals. Your team, including your doctor and therapists, will help you determine realistic goals for therapy as part of your individual care plan.



Later, you may meet with a psychologist, who will talk with you about your ideas for what is likely to motivate you in therapy. If stresses arise as a result of the challenges of your condition, the psychologist can also offer you and your family guidance.

Therapy, whether physical, speech, or occupational, is practice, practice, practice. Progress comes a little bit at a time.

A Typical Day at the Day Rehabilitation Program at Alexian Rehabilitation Hospital

While every patient's treatment plan is different, therapy sessions are normally 50-60 minutes long. Your physical therapist might help you with exercises to improve strength, mobility, or balance. After a break, your speech-language pathologist might work with you on language skills or building attention span. During lunch, you'll have a chance to meet other people participating in day rehabilitation.

At the end of your therapy session, you might also be given instructions on how to practice what you've learned when you get home. Family members also come for some sessions, to learn the right way to help with therapeutic exercises.

When you have built up skills and stamina, your day might include a group field trip to a mall, movie theatre or grocery store.

Easing the Transition

The Day Rehabilitation Program at ARH experience is meant to lead patients naturally back to every day life. To make daily tasks more manageable, Alexian Rehabilitation Hospital offers some special resources. Our experts can teach people to drive a car with adaptive controls and can also suggest adaptive technologies for a wide range of their activities, from work to school to sports. In every case, professionals at Alexian Rehabilitation Hospital can help ease the transition.

Advancing to Alexian Rehabilitation Hospital Outpatient Therapy

After completing a day rehabilitation program, some people move on to become ARH outpatients. Outpatient therapy is for individuals who need only one form of therapy—speech, physical, or occupational—a few hours a week.



Vocational Rehabilitation

Others feel ready to return to work or school, to retrain for a new job, or to assume familiar tasks at home. Patients ready to think about returning to work can consult RIC vocational specialists, who provide benefits counseling, testing services, vocational counseling, and job retraining. Sometimes patients are able to work for the same company in the same capacity as before. Often vocational experts can suggest modifications in a workplace or in tasks performed that will make such a return possible. Our experts can also explore other career choices available within the same organization or provide retraining and help with a wider job search.

Alexian Rehabilitation Hospital: Your Partner in Progress

The circumstances that lead a patient to day rehabilitation services are invariably challenging. That's why it makes sense to choose the Day Rehabilitation Program at ARH—for treatment with the expertise and experience to help you achieve the best life possible. We pride ourselves on offering truly comprehensive services focused on the quality of life of each patient.

Nationally Recognized for Advanced Stroke Care

Alexian Rehabilitation Hospital is part of Alexian Brothers Hospital Network (ABHN), a network known for providing the highest standard of healthcare. Both ABHN acute care hospitals, Alexian Brothers Medical Center and St. Alexius Medical Center, are nationally recognized for providing advanced stroke care by the Joint Commission on Accreditation of Healthcare Organizations. As a dedicated leader in stroke prevention and treatment, Alexian Brothers Hospital Network is committed to providing a continuum of care for stroke patients from screening and acute treatment to post stroke rehabilitation.

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Rehabilitation Institute of Chicago

Alexian Rehabilitation Hospital carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health needs of those we are called to serve.

Excellence in Rehabilitation

ALEXIAN REHABILITATION HOSPITAL

Alexian Rehabilitation Hospital in Elk Grove Village, Illinois is a unique collaboration between two distinguished institutions – Alexian Brothers Hospital Network and the Rehabilitation Institute of Chicago. These two institutions share the same vision: a dedication to providing the finest, most comprehensive rehabilitation services for people with disabilities. Such excellence is recognized by U.S. News & World Report, which in 2006 ranks Alexian Brothers among the best in the nation in two specialties and has ranked the Rehabilitation Institute of Chicago the best rehabilitation hospital in America every year since 1991.



Alexian Rehabilitation Hospital
935 Beisner Road
Elk Grove Village, IL 60007
847.640.5600

From the northwest suburbs:
Take Interstate 290-Route 53 and exit Biesterfield Road east to Alexian Rehabilitation Hospital.

From Chicago:
Take the Northwest Tollway (I-90) and exit Arlington Heights Road south to Biesterfield Road. Go west on Biesterfield Road to Alexian Rehabilitation Hospital.

Alexian Medical Mall
– Outpatient Services
347 W. Golf Road
(In Golf Point Plaza)
Schaumburg, IL 60195
847.490.6928

For more information on the Day Rehabilitation Program call 847.640.5600.

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For more than seven hundred years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.