



## HELEN PORTER HEALTH AND REHABILITATION CENTER POST ACUTE CARE UNIT

Upon your discharge from the Porter Hospital Medical-Surgical Unit you may choose to transition into a short term rehabilitation program. The Post Acute Care Unit at Helen Porter Health and Rehabilitation Center (HPHRC) is located on the Porter Medical Center Campus.

**Who we are...** HPHRC is a multi-disciplinary team of Registered Nurses, Licensed Practical Nurses, Licensed Nursing Assistants (LNAs), Physical and Occupational Therapists, Social Workers, a Masters prepared Speech Language Pathologist, a Chaplain and a variety of other certified clinical staff. We will work with you, your family and your orthopedic surgeon to design a plan of care to meet your healthcare needs.

**What we do...** The goal of the Post Acute Care Unit at HPHRC is to provide supportive, goal-directed care to you during your stay following your surgery. Specially designed treatment programs provide you with the preparation, support and education that enables you to return home as quickly as possible. Our goal is to help you reach your highest possible level of independence.

Routine therapy services are provided Monday through Friday. We also have the capability of providing therapy six days a week if that is what is required to maximize positive results for you. Nursing staff provide the necessary extension of your therapies when therapy staff are not present to provide direct service. This may include walking, exercises and supervision of other activities set up by the therapy staff.

**What to expect from us...** In addition to having all the services you require being coordinated and provided under one roof, HPHRC offers semi-private rooms with television and telephone, access to a daily newspaper and internet service. A buffet breakfast is available six mornings a week.

You may notice some differences between a stay at HPHRC and a stay in a hospital. Many aspects of day to day care, along with other services, may be provided by LPNs and LNAs, as well as by RNs. All of our nursing staff have received additional training from Physical and Occupational Therapy staff.

To help meet your recreational needs, our professional staff provides varied programming in a large, well-equipped activity room. If you have special interests, individual programs can be arranged, as can group pursuits in sports, games, arts and crafts, nature walks, gardening and music. All patients have access to outdoor recreation in a secure courtyard.

**When it's time to go home...** From the day you arrive, we will work with you, your family and your orthopedic surgeon to develop a discharge plan. This plan may include a home visit to evaluate safety and care needs

A collaborative effort between Champlain Valley Orthopedics and Porter Hospital

