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Thank you for choosing Frazier Rehab Institute as your rehabilitation partner. Our care teams strive to provide excellent care and services while you’re here and throughout your lifelong recovery process, long after you’ve left our facilities. That’s why we start preparing for your transition early on in your treatment.

There will be a lot to do during your stay, including creating a timely, safe and effective plan for your discharge. We will work together over the next few weeks to make sure you have the right training, education and support to help you feel prepared for discharge. We have provided this Discharge Toolkit to describe our discharge process and the things you should consider as you prepare to move forward in your recovery journey. Please read and understand the guide before you leave the hospital.

Unlike other types of hospital stays, leaving Inpatient Rehab does not mean you’re done with your rehabilitation. You will most likely keep working on your rehab goals after discharge. After discharge, you may need additional outpatient therapy. In addition to our downtown location, Frazier Rehab has several convenient outpatient locations in Kentucky and Southern Indiana to serve your outpatient rehab needs.

We hope your stay with us has met or exceeded your expectations. We take your satisfaction seriously and need your feedback so that our services can be the very best. In a few weeks you will receive a satisfaction survey in the mail, and we ask that you fill it out and return it. You may also receive a phone call from our team to this end.

Finally, please stay in touch! The friendships and experiences shared with other patients are an invaluable part of the recovery journey. That’s why we encourage you to stay connected to Frazier Rehab through our social media channels, or by volunteering. Information on these avenues is included in this toolkit.

Should you or your family have any questions regarding any information contained in this toolkit, our care team will be happy to discuss or explain it – just ask. You can also call our charge nurse at 502.240.2632.

Again, we thank you for choosing Frazier Rehab as your rehab partner. We wish you continued success on your journey to recovery!

Sincerely,

Cathy Spalding
Vice President of Operations
Frazier Rehab Institute
Discharge Process
Overview

Planning for Discharge
Planning for discharge is an important part of your rehabilitation process, as your discharge plans may influence the length of stay, goals and skills you practice. Because a thoughtful and comprehensive discharge plan is so important, your discharge planning process will begin soon after you are admitted. Your case manager will discuss your discharge plans with you and your family throughout your stay. Most patients return home with either home health or outpatient therapy. By the time you are discharged, you and your family will have the training and confidence to manage your daily needs. Patients who recover more slowly may transition to a nursing home for continued inpatient care until they are ready to return home.

Discharge Day: What to Expect
You will not have scheduled therapy sessions on the day you are discharged. Discharge time occurs before lunchtime. Family members are requested to provide transportation at the time you are discharged. Those providing transportation will be instructed to utilize the driveway on the east side of the Frazier Rehab building to access the patient pick-up area.

Discharge Instructions
When you are discharged from the inpatient setting, you will receive discharge instructions that indicate the physicians with whom you need to follow up, medications you will need to take, home equipment, and referral information related to additional services for which you may have been referred. Keep this information as you will need to reference following discharge.

Patient Feedback
Your feedback may be requested by our team in several ways. You may be asked to complete a survey by email, mail or phone. We value your feedback as we strive to be the best rehab hospital.
Transition to Home

Home Health
Patients who require ongoing nursing care in their home upon discharge will be referred to a home health agency prior to transitioning to outpatient rehab. Home health physical, occupational, and/or speech therapy will also be provided as needed. Your case manager will discuss home health options with you, if necessary.

Outpatient Follow-up
Frazier Rehab provides various outpatient services to help prepare you for daily life once you transition back home. While the recommended plan or facility may be chosen due to a specific rehab need or location, Frazier Rehab owns and operates numerous outpatient facilities throughout Kentucky and Indiana that provide a full continuum of rehab care.

Frazier Rehab Institute Outpatient Locations

Frazier Rehab Institute
220 Abraham Flexner Way | Louisville, KY
P 502.560.8389

Frazier Rehab Institute/East – Neuro Rehab Program
4912 U. S. 42 | Suite 104 | Louisville, KY
P 502.429.8640

Frazier Rehab Institute/Fern Valley
100 High Rise Drive | Suite 110 | Louisville, KY
P 502.966.4466

Frazier Rehab Institute/Medical Center Jewish East
3920 Dutchmans Lane | Louisville, KY
P 502.259.6608

Frazier Rehab Institute/Newburg
3430 Newburg Road | Suite 111A | Louisville, KY
P 502.451.6886

Frazier Rehab Institute/Southwest
6801 Dixie Highway | Suite 129 | Louisville, KY
P 502.937.2288

Frazier Rehab Institute/UofL Sports Medicine
201 Abraham Flexner Way | Ste 102 | Louisville, KY
P 502.560.8300

Frazier Rehab Institute/Springhurst
4801 Olympia Park Plaza | Ste 1600 | Louisville, KY
P 502.426.3353

Frazier Rehab Institute/Bullitt County
1905 W. Hebron Lane | Ste 106 | Shepherdsville, KY
P 502.955.7705

Frazier Rehab Institute/Jewish Hospital Shelbyville
727 Hospital Drive | Shelbyville, KY
P 502.647.4285

Frazier Rehab Institute/Northeast
2401 Terra Crossing Blvd. | Ste 204 | Louisville, KY
P 502.210.4500

Frazier Rehab Institute/Scott Memorial Hospital
1451 N. Gardner Street | Scottsburg, IN
P 812.752.8502

Frazier Rehab Institute/Jeffersonville YMCA
4812 Hamburg Pike | Jeffersonville, IN
P 812.282.4257

Frazier Rehab Institute/Owsley Brown
Frazier Sports Medicine
215 Central Avenue | Suite 200 | Louisville, KY
P 502.637.9313

Frazier Rehab Institute/Sts. Mary and Elizabeth Hospital
4402 Churchman Avenue | Suite 106 | Louisville, KY
P 502.363.7800

Frazier Rehab Institute/Stonestreet
9700 Stonestreet Road | Louisville, KY
P 502.995.2415

Frazier Rehab Institute/Corydon
313 Federal Drive NW | Suite 110 | Corydon, IN
P 812.738.4942
Preparation for Independent Living

Our team works with you to give you the tools you need to live as independently as possible. In an effort to provide therapy in a realistic environment, we incorporate everyday activities into our therapy days, including kitchen tasks, computer skills and other real world experiences. Individuals are encouraged to employ skills they have been working on in therapy in their home environment. Additionally, your therapists may recommend other services including consultation for vocational services, driving skills evaluation and training, neuropsychological evaluations, neuro-optometry, etc.
The Community Fitness and Wellness Program

Featuring state-of-the-art equipment and professional staff trained to provide specialized activity-based exercise interventions, Frazier Rehab Community Fitness and Wellness Program provides individuals in our local community and those living out of state access to affordable and effective activity-based exercise in order for them to be ‘fit for life’.

“I would describe the community fitness and wellness program as a very comfortable environment to come into and to work out. For me, especially right after my injury, I was I guess you could almost say ashamed of my disability. I didn’t want to be different and this is a place where you could come in, be around others with similar disabilities, not stick out like a sore thumb like you would at a ‘regular gym’ and just be comfortable and have that extra hand if and when you need it and just have a really enjoyable experience.”

—Jenny Smith
Support Groups

**Frazier Rehab Support Groups**

8-9-10 Brain Injury Support Group
at Frazier Rehab
*For all acquired brain injuries including stroke.*
Frazier Rehab Neuro Rehab Program
P 502.429.8640
Meeting times:
5:30 – 7 p.m. | Community Room
THIRD WEDNESDAY of each month

Brain Injury Caregivers Support Group
at Frazier Rehab
*For all acquired brain injuries including stroke.*
Frazier Rehab Neuro Rehab Program
P 502.429.8640
Meeting times:
5:30 – 7 p.m. | Community Room
THIRD WEDNESDAY of each month

Better Breathers Support Group
at Frazier Rehab
Frazier Rehab (Downtown Louisville)
P 502.582.7620
Meeting times:
Second Wednesday of every other month from 1 – 2:30 p.m. Call to confirm meeting location.

Friendly Folks Stroke Support Group
Sts. Mary & Elizabeth Hospital
P 502.361.6585
Meeting times:
Second Wednesday of each month, at 12 Noon | Churchman Conference Room, Medical Plaza

**External Support Groups**

Brain Injury Support Groups
Brain Injury Association of America
P 703.761.0750 | biausa.org

Brain Injury Association of Indiana
P 317.356.7722 | biai.org

Brain Injury Alliance of Kentucky
P 502.493.0609 | biak.us

Cardio-Pulmonary Support Groups
American Heart Association Indiana Chapter
P 317.352.9226

American Heart Association Kentucky Chapter
240 Whittington Parkway | Louisville, KY 40222
P 502.587.8641

American Lung Association
Kentucky Chapter
P 800.LUNGUSA | lung.org

Parkinson Support Group
Parkinson Support Center of Kentuckiana
315 Townepark Circle, Ste 100 | Louisville, KY 40243
P 502.254.3388 | pscky.org

Spinal Cord Injury Support Groups
United Spinal Cord Association | unitedspinal.org

Stroke Support Groups
National Stroke Association – Kentucky & Southern Indiana Chapter
P 502.896.7221 | strokekyin.org

University of Louisville Trauma Support Group
P 502.562.4060 | UofLHospital.org
Community Resources

For more detailed information please refer to our Community Resource Guide available on our website.

Frazier Rehab Alumni Information – Staying Connected

We know that the road to recovery is challenging. We also know from years of experience that the friendships and experiences shared with other patients is an invaluable part of the recovery journey. That’s why we encourage you to stay connected to Frazier Rehab in one of the following ways:

Social Media

Social networking is a great way to stay in touch and updated on news and events at Frazier Rehab. We have five dynamic social media channels that are frequently updated. We encourage you to visit, ‘like’ and interact with us here:

• Frazier Rehab on Facebook: https://www.facebook.com/kentuckyonehealthfrazierrehabinstitute
• Frazier Rehab on Twitter: (@KOne_Health) https://twitter.com/KYOne_Health
• Frazier Rehab on YouTube: https://www.youtube.com/user/KYOneHealth
• Frazier Rehab on LinkedIn: https://www.linkedin.com/company/kentuckyone-health

Volunteer

You offer something no one else can! Frazier Rehab relies on volunteers as a vital part of the ongoing care we provide. Volunteering provides an opportunity to share your unique talents and time with patients and family members. We welcome your contributions!

There are many opportunities to get involved at one of our many locations and we have something for everyone. KentuckyOne Health benefits from all types of skills provided by our volunteers. For more information on volunteering, please visit our website at KentuckyOneHealth.org/Volunteer.
Long-term Connections

Use this page to note important details and contacts for your long-term follow up care:

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