

INPATIENT REHAB EXPECTATIONS



Get dressed in your own clothes

To get the most out of your Inpatient Rehab experience, and help prepare you to go home, here are some activities you should do every day:



Use the toilet in the bathroom



Attend therapies



Brush your teeth



Eat at dining table in a chair



Wash up



Brush your hair

These activities will physically and mentally prepare you for home. Eating together in a group setting allows for socialization, exercising your thinking skills through conversation, encouraging one another, and encouraging increased food intake if at nutritional risk (as shown by studies).