



# INPATIENT REHABILITATION

 **McLaren**  
HEALTH CARE  
Rehabilitation Services

DOING WHAT'S BEST.®



# INPATIENT REHABILITATION

## IT'S YOUR CHOICE

You have the right to choose where you receive rehabilitation services. We offer vast and proven rehabilitation expertise supported by continuing education and research. We are nationally recognized for outstanding patient satisfaction and outcomes.



*Our goal is to get you back home functioning as well as possible. We help prepare you for your day-to-day life. We want you to be able to confidently get in and out of a car, or get back to doing what you love.*



*Our rooms have been designed to help make you comfortable for your extended stay.*

## BRIGHTER FUTURES

Extraordinary things happen when rehabilitation physicians, skilled therapists and dedicated nurses connect with patients determined to get back to the lives they love.

Inpatient rehabilitation at McLaren Bay Region, McLaren Flint, McLaren Macomb, and McLaren Oakland helps patients achieve their highest level of independence after serious injury, illness or surgery.

We'll work together to develop goals that put you on the path to recovery. You'll have at least three hours of therapy on five or more days a week. We target strength and balance as well as cognitive and motor skills. Therapy will occur in your room or in a rehabilitation gym with specialized technology.

As you prepare to head home, we'll work on improving everyday living skills, such as dressing, personal care, cooking and doing laundry.



## YOUR RECOVERY TEAM

We'll create an individualized rehabilitation plan based on your goals.

Our interdisciplinary team is led by a physician who specializes in Physical Medicine and Rehabilitation.

### *Others include:*

- Rehabilitation Nurses
- Physical Therapist
- Occupational Therapist
- Speech Language Pathologist
- Social Worker/Case Manager
- Internist
- Rehab Liaison
- Psychologist or Psychiatrist

## FAMILY AND FRIENDS

Loved ones are encouraged to participate in your therapy, especially those who will help when you get home. They'll receive education and support during your stay.



## INVESTING IN YOU

Rehabilitation takes dedication and hard work. The efforts you put into it now will reap greater rewards later. Research shows the sooner you begin vigorous rehabilitation, the better your outcome will be.



**“ I TRULY KNEW WHEN I GOT HERE THAT MY PRAYERS WERE ANSWERED. ”**

SHARON, FORMER PATIENT





## WHAT TO BRING:

### *Personal items*

- Glasses
- Contact lenses and supplies
- Hearing aids and batteries
- Dentures
- Hairbrush or comb, hair products
- Toiletries (we have basic toiletries, but bring makeup and shaving gear.)
- Wristwatch

### *Clothing*

You'll wear your own clothing while you're here.

### *Please bring:*

- Four to five sets of loose-fitting clothes (T-shirts, sweatpants or elastic-waist pants)
- Sweater or hoodie (button or zip-front preferred)
- Socks and undergarments
- Pajamas
- Athletic shoes or comfortable walking shoes that tie or have velcro fasteners
- Seasonal jacket or coat

*Patients receive 3 hours of therapy daily, at least 5 days per week. A multidisciplinary team works to improve our patient's independence in order to return home.*



*Our inpatient rehabilitation units use the most up-to-date technology to help treat our patients. McLaren Flint's unit features the SafeGait—a 360 degree balance and mobility trainer designed to help patients relearn to walk.*



### *Adaptive equipment*

If you use adaptive equipment at home, please feel free to bring it.

### *Examples include:*

- Wheelchair (including cushion and leg rests)
- Walker or cane
- Leg or arm brace
- CPAP or BiPAP machine



## WHAT NOT TO BRING:

We don't have lockable storage, so please don't bring valuable items or large amounts of cash. Please label your belongings with your name.





# INPATIENT REHABILITATION LOCATIONS

While it is usually no one's desire to require a stay in the hospital, if you require rehabilitation services while an inpatient at McLaren, you can be confident you will receive exceptional care from our devoted team of rehabilitation professionals.

## 1. McLAREN BAY REGION

Inpatient Rehabilitation Unit  
3250 E. Midland Rd.  
Bay City, MI 48706  
(989) 894-3138

## 2. McLAREN FLINT

Inpatient Physical  
Rehabilitation - 4 North  
401 South Ballenger Hwy.  
Flint, Michigan 48532  
(810) 342-5201

## 3. McLAREN MACOMB

Inpatient Rehabilitation Unit  
1000 Harrington St.  
Mt Clemens, MI 48043  
(586) 493-8100

## 4. McLAREN NORTHERN MICHIGAN

Inpatient Rehabilitation Unit  
416 Connable Ave.  
Petoskey, Michigan 49770  
(231) 487-3422

## 5. McLAREN OAKLAND

Inpatient Rehabilitation Unit  
50 N. Perry St.  
Pontiac, MI 48342  
(248) 338-5353



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