

Questions to Ask When Choosing a Rehab Provider

Usually when you are searching for a rehab facility, you or a loved one may have sustained an injury or surgery. A certain sense of urgency may come with making the decision on where to receive rehabilitative care, but you don't want to make a rushed decision. Check out this checklist of questions to ask when choosing a rehab provider to help you make the best choice:



These questions will help you to gather basic information and could make or break your decision depending on a provider's responses.

- Do you have availability?
- What are your visiting hours?
- Does the facility provide necessary skilled care and special services that you or your loved one needs?

These questions dive deeper into the care you or your loved will be receiving. Finding out all these details can provide you with peace of mind and trust in the provider that you choose.

- How many days/hours a week will a patient receive therapy?
- How do you track a patient's progress?
- What's the staff-to-patient ratio?
- Are care planning meetings scheduled with residents and family members?
- Are residents allowed to see their regular doctors?
- Can family members or caregivers sit in on therapy sessions to learn how to help at home?
- Is a full-time registered nurse available at all times?

These questions cover the level of comfort for a patient. Will you feel comfortable and at home while at their rehab facility?

- What activities do you offer?
- How do meals work? Are they delivered and how often?
- Does the facility offer assistance in eating?
- Do patients have a choice of meals?
- Are there handrails and grab bars in common spaces?

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- Are residents allowed to have personal belongings?
 - What do your rooms look like?
 - How often are linens changed and patient rooms cleaned?

This checklist is here to ensure that you or a loved one receive quality care in a supportive and comfortable environment and help you find the best facility for you.

Need a break? Our short-term respite relief program provides you with temporary relief while ensuring that your loved one is well taken care of in a safe and secure environment. Please select one of our locations by visiting www.covliving.org/locations to connect with one of our Healthcare Navigators and learn more about our short-term respite stay options.