

Don't put off your rehabilitation care needs.

Let's talk about outpatient or in-patient therapy options.

With age, you or a loved one may be more prone to major illness, more likely to sustain an injury, or require a surgical procedure. Rehabilitation services like in-patient and out-patient therapy can help to transition older adults back to daily life safety.

Learn more about the differences between the two and why you shouldn't put off your rehabilitation needs:



Rehabilitation

Rehabilitation services are designed to fit an individual's lifestyle, all while maximizing their independence. These services can include physical therapy, occupational therapy, speech therapy, memory treatment and more.

In-Patient Rehab

This type of rehabilitation takes place in a hospital or a hospital setting and is often selected for those who have endured a more serious illness or injury.

Benefits

- **Increased independence:** Rehab is used to help the individual regain their independence and help them to relearn how to perform daily activities again safely. It also provides the individual with the knowledge and resources they need to be successful when they are discharged.
- **Improved mental and physical health:** In-patient rehab not only improves your physical health but mental health as well. In most cases, there will be social opportunities and activities that help reduce loneliness.
- **Perks:** Perks include around the clock care, access to amenities, meal preparation, etc..

Out-Patient Rehab

This type of rehabilitation takes place in the home setting and is often selected for those who only require rehab a couple days a week, or have transferred out of in-patient rehab and still require some assistance.

Benefits

- **Comfort of your own home:** It can be very comforting being able to receive care in a familiar setting. Being in a space with other seniors and spending a lot of time away from home can bring added stress to the individual receiving care.
- **Flexibility:** You can adjust your treatment to fit your daily schedule. Keeping your regular routine can help to make you feel more comfortable when receiving treatment.
- **Cost:** The cost is much cheaper, due to the fact you're not paying for things like amenities, meal prep, around the clock care, and a room at the facility. Instead you are only paying for the services you need.

In the end, no matter what rehab option you choose or need it can be beneficial to you or your loved ones healing process. Rehab offers you lower risk of hospital readmission or furthering an injury.

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.