



What is Rehab?

What is Rehab? Most people don't really know until they, themselves, or a loved one requires rehabilitation after an illness or as part of their recovery from surgery. Rehab may be needed as part of recovery after a stroke, heart surgery, hip or knee replacement, an amputation, for someone with MS, or an illness or injury where there has been loss of strength, balance or mobility. At Medford Multicare, rehabilitation in the form of occupational therapy can provide retraining in activities of daily living like getting dressed, eating, memory skills, picking things up, or putting on shoes. Additionally, physical therapy helps with rebuilding strength and mobility such as getting up out of a chair, walking, or getting in or out of a car. Speech therapy doesn't just help with speaking, but with swallowing and stimulation of the throat.

Where you choose to go for rehab can make all the difference in the success of your recovery. If the need for rehabilitation is combined with the need for 24-hour nursing care, a skilled rehab and nursing facility might be your best option. Skilled nursing facilities provide retraining to help a person transition from a hospital where they were treated for an illness or injury back to the community. Medford Multicare Center offers Physical, Occupational and Speech Therapy. Their rehabilitation team is made up of over 20 members who provide therapy up to 6 days a week for both short-term and long-term residents.

Client and family centered treatment plans and goals are established for their short-term residents with the objective for them to return home. For long-term residents, their interdisciplinary team evaluates a resident's medical, nursing, social services and psychological needs, activities of daily living, rehabilitation and nutrition, and determines their need for rehab. Rehab is provided to long-term residents, when needed, to improve their functional ability and independence. Additionally, they utilize a restorative nursing program to maintain the functional abilities of their long-term residents when appropriate.

Medford Multicare Center's team also evaluates their ventilator patients, and therapy may be provided to help them build endurance for activities of daily living and ambulation. In fact, Medford's rehabilitation program has been successful in helping some ventilator residents return home!

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Medford Multicare Center provides short-term restorative rehab, skilled nursing, long term geriatric services, respiratory /ventilator care, tracheostomy care, oxygen therapy, IV therapy, wound care and offers a secure dementia unit. Medford Multicare Center is located at 3115 Horseblock Rd in Medford, LIE exit 64. Please call 631-730-3000 to schedule a tour or visit www.medfordmulticare.org for additional information.