

Your Recovery  
**First Steps**  
PLANNING GUIDE



**LifeWorks** Rehab



## We're here to help.

If you've never planned a rehab stay before, the process can be overwhelming. Many injuries and illnesses arise suddenly and can leave you scrambling to make a decision.

There's so much to consider, and so many options. If you're beginning to plan for a rehab visit, this book is just the tool you need.

**Get started now.** 

# Step 1:

Consider your goals.

- What are your personal goals for recovery?

## What do you most want to be able to accomplish when you get back home?

**To be able** to independently resume daily activities?

**To enjoy** exercise and an active lifestyle?

**To live** independently?

**To be able** to drive?



## Rehabilitation isn't a **one-size-fits-all** endeavor.

Look for courses of treatment tailored to both your **medical needs** and your personal **recovery goals**.



## **Step 2:**

**Determine your needs.**

- **Start by asking yourself the following questions:**

**How severe** is my condition?

**How much rehabilitation** do I need to achieve my goals?

**Will I be able to** bathe, dress, and feed myself right after my surgery?

**Will I be able to** push myself to exercise at home?

Can my family devote **24 hours a day** to my recovery?





## **Not all rehabilitation is created equal!**

Everyone would ideally like to be able to recover at home after an illness or surgery, but at home recovery often leads to extended rehabilitation time.



# Step 3:

Making the best choice.

- With your **personal goals** in mind, it's time to compare facilities and make your choice.  
**Consider factors** such as:

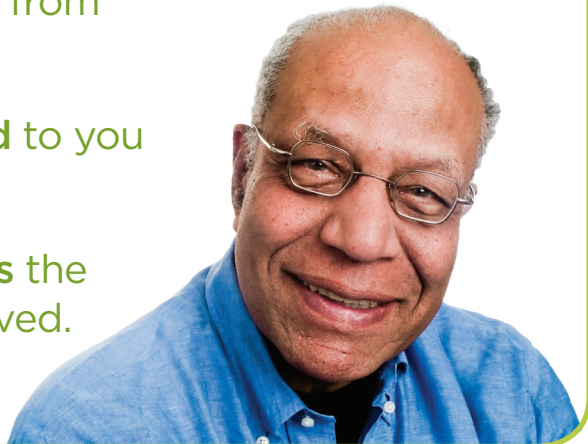
Quality of outcomes.  
**Back home stronger and  
more independent.**

How many days a week is the program?  
**More therapy to get you home quicker.**

**Recommendations** from  
former patients.

**The time dedicated** to you  
by caring staff.

**Ratings and awards** the  
facilities have received.



## **Studies show**

that the more therapy you receive, the quicker you'll be able to return home and the less likely you'll be to return to the hospital.





*Why choose*

*LifeWorks?*





Every journey to recovery is different,  
and we make sure that **your**  
**path is uniquely suited to fit**  
**your individual needs.**





*Why choose*

*LifeWorks?*

LifeWorks patients receive up to  
**3 hours of therapy every day.**

LifeWorks therapy is  
offered up to **7 days**  
**a week.**





*Why choose*

*LifeWorks?*

We make sure you're strong,  
healthy, and better equipped  
to get back to **enjoying your life!**



*Spend more time living  
and less time  
recovering.*







# LifeWorks Rehab

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learn more and to find the center nearest you