

After hospitalization for surgery, illness, or injury, you may need rehabilitation services in an inpatient or home setting. Treatment can help you regain or improve abilities (physical, mental, cognitive) needed for daily living. Rehabilitation can help improve your overall functioning and quality of life.

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Books & Guides

A Guide to Senior Rehabilitation Centers

Senior rehabilitation centers provide medical care and skilled nursing services that help patients make a full post-treatment recovery. This guide introduces senior rehabilitation centers, explores who might need rehab care and gives an overview of typical services.

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[Caring.com](#)

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CDC Complete Care Plan Form

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[CDC Complete Care Plan Form](#)

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Rehabilitation - MedlinePlus

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Article

Managing the Transition From Hospital to Rehab to Home

When faced with care transitions, planning is important to make the process go smoothly.

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[AARP](#)

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Your Discharge Planning Checklist

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[Your Discharge Planning Checklist](#)

Article

Age in Action: Care Transitions - Empowering Older Adults with Post-Hospital Interventions

This Age in Action newsletter explores the importance of planning for hospital care transitions.

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[Virginia Center on Aging](#)

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Sheltering Arms Physical Rehabilitation and Therapy

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DARS - Office for Aging Services, Division for Community Living

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CARF - Commission on Accreditation of Rehabilitation Facilities

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Pagination

- [Current page 1](#)
- [Page 2](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 11 Results