

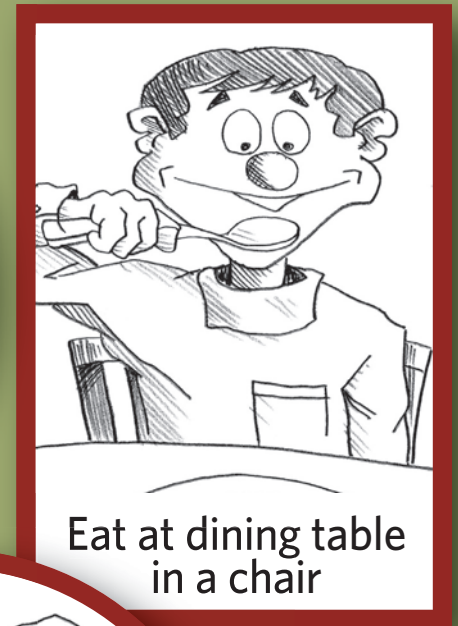
INPATIENT REHAB

EXPECTATIONS

To get the most out of your Inpatient Rehab experience, and help prepare you to go home, here are some activities you should do every day:



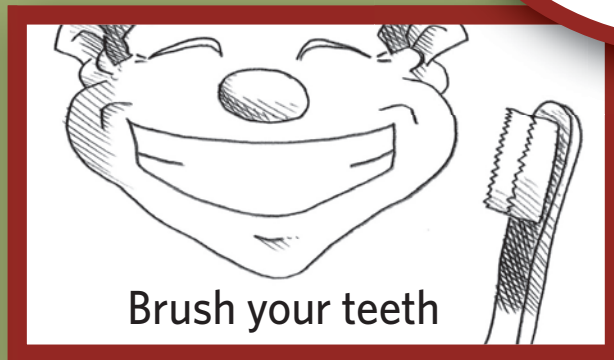
Use the toilet in the bathroom



Eat at dining table in a chair



Get dressed in your own clothes



Brush your teeth



Attend therapies



Brush your hair



Wash up

These activities will physically and mentally prepare you for home. Eating together in a group setting allows for socialization, exercising your thinking skills through conversation, encouraging one another, and encouraging increased food intake if at nutritional risk (as shown by studies).