



FOR IMMEDIATE RELEASE

Contact: Elizabeth Sherman  
[esherman@connect2amc.com](mailto:esherman@connect2amc.com)  
847.375.6307

## **Making the Right Decision for Rehabilitation Care**

*A New Patient Resource from the Association of Rehabilitation Nurses*

Chicago (Dec. 15, 2014): Patients who require rehabilitation care often are discharged from the hospital after a traumatic injury or illness to one place or another without a clear understanding of why a particular setting was chosen. Because rehabilitation care is provided in a variety of healthcare facilities that often have similar names and services, this can cause confusion. There are distinct differences in the level of care and the expertise of the healthcare staff in the many rehabilitation care options. [This new patient resource](#) from the **Association of Rehabilitation Nurses (ARN)** clarifies the types of care provided in each rehabilitation care setting and which healthcare team member provides it.

The purpose of rehabilitation care is to maximize recovery and meet individual goals. Determining the best place to transition to after being hospitalized for a traumatic injury or illness requires a thorough understanding of the wide variety of rehabilitation services provided in different healthcare settings. This resource, developed by rehabilitation nurses who are uniquely qualified with the knowledge and understanding of care management for people with acute or chronic illness and conditions that cause disability, is intended to be a place to start the conversation about the next steps in a patient's rehabilitation journey. The rehabilitation nurse can help you review your goals and prescribed care plan and advocate for the next best step in your recovery process.

"Experiencing a disabling condition can be very stressful and scary. You want the best care to help you or your loved one recover. Being in the right setting and getting the right level of care can be the most important decision you have to make. The purpose of this tool is to help you understand the different types of settings and the care they provide. Our [rehabilitation nurses'] goal is to help you make the best decision," says Kathy G. Clark, MSN RN CRRN.

ARN's mission is to promote and advance professional rehabilitation nursing practice through education, advocacy, collaboration, and research to enhance the quality of life for those affected by disability and chronic illness. For more information about ARN, please visit [www.rehabnurse.org](http://www.rehabnurse.org) or call 800.229.7530.

###