How long should I expect to be at Gaylord Hospital?

Gaylord Hospital is a long-term acute care hospital whose mission is to preserve and enhance a person’s health and function. Gaylord provides medical care and complex rehabilitation services to patients who need a hospital level of care. The average length of stay at Gaylord is approximately 25 days. Discharge planning will begin upon admission and an anticipated discharge date will be set early in your Gaylord stay.

Medicare Plans

Medicare requires Gaylord to monitor your clinical needs and progress. Once your care and needs can be met at another location, such as short-term rehab or home, Medicare expects you will be moved to that level of care.

All Other Insurance

An insurance company case manager works with Gaylord staff to approve your admission and ongoing stay. Your insurance will generally approve your stay as long as you are making progress toward meeting your goals and you have a benefit for the type of service you are receiving. Once your needs can effectively be met at another level of care, your insurance will require that you be transferred.

What else you should expect:

- A Physician will direct and oversee your care
- Nursing care provided utilizing a team model
- Ancillary professional involvement in your care based on your individual needs
  - Physical Therapy
  - Occupational Therapy
  - Speech Therapy
  - Respiratory Therapy
  - Psychology
  - Registered Dietitians
  - Specialty Wound Care Services
  - Therapeutic Recreation
- Gaylord provides on-site pharmacy, radiology and laboratory services.
- Your room assignment might change, based on the specialized care you need.

Care Managers experienced in discharge planning and community resources will assist you and your family with discharge to the next level of care.

What to Expect Upon Admission

Once at Gaylord, the patient and their significant others are directed to the patient’s assigned room. An admission interviewer verifies basic patient information such as the patient’s name, address, social security number and insurance. Patients are assigned a care manager who provides coordination of care services. If a unit change occurs, the assigned care manager may also change. This team ensures that each patient is admitted to and discharged from Gaylord at the most appropriate level of care. Discharge planning begins upon admission in order to accomplish the most appropriate goals.

What to Bring
**Essential Items**
- Health insurance card(s)
- Automobile insurance information, if applicable
- Personal identification with photo
- School transcripts (for school-aged children and college students)
- Copy of Advanced Directives, if you have them
- Contact information for family members and friends
- Names and location of healthcare providers to receive discharge summary information

**All Patients**
are provided a hospital gown which is very appropriate clothing for patients to wear upon admission. Patients may bring comfortable pajamas or nightgowns. You will also need:
- A robe
- Socks
- Slip-on-slippers
- Cotton underwear
- Comfortable, loose-fitting clothes to wear home upon discharge

**As Patients Make Progress**
and are attending therapy services in the rehabilitation gym, they will need:
- Comfortable, practical clothing — sweat suits, shorts, and t-shirts
- Oxford shoes with string ties or well built athletic shoes (with lifts, wedges, special adjustments)
- In cases where aquatic therapy is prescribed, patients will be asked to make arrangements for a swimsuit to be brought in. Towels and terrycloth robes are provided.

**Equipment**
Please bring any assistive devices or other equipment you may be using so our staff can check them over.
*These may include:*
- Wheelchair
- Cane or crutches
- Braces, including back braces
- Orthopedic corset
- Splints
- Artificial limbs
- Walkers
- Eye-glasses and case
- Dentures and container
- Hearing aides and case

**Toiletries**
Bring basic toiletry items—hairbrush, comb, toothbrush and paste, denture cleaner, disposable razors, deodorant, favorite shampoo or soap—that will make your stay more comfortable.

**Electrical Appliances**
For everyone’s safety, electrical items will be checked by our maintenance staff. Battery-operated equipment, is encouraged. Gaylord provides a television in your room and in the solarium of each unit.

**Valuables**
Do not bring jewelry and other valuable items to the hospital. Keep only a small amount of cash with you. A safe is available with the Security Department for deposit of larger amounts of money or other valuables. Gaylord is not responsible for loss of valuables.

**Computers**
Let your nurse know that you have a personal computer or tablet. The facilities staff will conduct an electrical check on the device. Once it’s cleared, you may connect via wireless network to the Gaylord Hospital guest/patient network.

**WHAT TO BRING**

Wondering what to have your family or friends pack for you as you prepare for your inpatient stay at Gaylord Hospital? Feel free to bring a few small personal mementos such as photographs and cards which can be displayed on the bulletin board in your private room. Following these recommendations will make your stay as comfortable as possible.

Admissions Department
203 284-2810

Care Management Department
203 284-2843

www.gaylord.org