



KAISER FOUNDATION REHABILITATION CENTER

975 SERENO DRIVE VALLEJO, CA 94589

Driving directions and parking

We are at 975 Sereno Drive in Vallejo. The facility is near between Broadway and North Camino Alto, and can be reached by I-80, Highway 29 (Sonoma Blvd.), or Highway 37.

You can park in the garage next to the Vallejo Medical Offices.

Rooms

Depending on the patient's situation and needs, he or she will be assigned a nonprivate or a private room.

The more personal these surroundings are, the happier the patient will be. We encourage you and your family to decorate the patient's room with photos, posters, and other familiar items.

Phone numbers and personal phone calls

The facility's phone numbers are:

Hospital: 707-651-1000

Nursing Station 3 West South (rooms 3001-3015): 707-651-1328

Nursing Station 3 West North (rooms 3016-3025): 707-651-1329

Nursing Station 3 South (rooms 320 to 325): 707-651-1350

Incoming personal phone calls can be received between 8 a.m. and 9 p.m. Outgoing personal calls can be made at any time.

Local calls (Vallejo or Benicia) are free. For long-distance calls, please call collect or use calling-card billing.

Cell phone use is restricted in some areas.

When you visit

Patients are often in therapy until 5 p.m. Please make sure to plan your visit so it does not conflict with a patient's therapy. We may recommend you limit the number of visitors depending on the patient's care needs.

Family members may be asked to participate in therapy or other programs outside of visiting hours.

Clothing and laundry

Patients should bring their own clothes to the Center. We recommend:

- casual, comfortable shoes (no slip-ons)
- loose-fitting slacks with an elastic waist or zippered front
- underwear and for women bras or camisoles
- T-shirts, sweatshirts, or front-button shirts or blouses
- loose, soft stretch socks
- sweater or light jacket
- pajamas or nightgown (bathrobe optional)

You will also need to bring toiletries such as:

- shaving kit
- toothbrush
- toothpaste or denture paste
- shampoo
- deodorant
- brush or comb
- cosmetics
- small mirror on stand
- laundry soap
- glasses, hearing aids, or dentures
- personal soap in a plastic container (optional)

Laundry should be taken care of by the patient's family, either at home or at the Center's laundry room (available Monday through Friday from 8 a.m. to 7 p.m.).

Be sure to mark all clothing with permanent ink or a name tag before bringing it to the Center.

Meals

Breakfast, lunch, and dinner are served in the Center's dining room. Meal times are:

- Breakfast: 7:30 to 8 a.m.
- Lunch: 12:30 to 1:30 p.m.
- Dinner: 5 p.m.

Additional dining options are available if the patient's diet permits. (Visitors should check with a nurse before providing food to a patient.)

Medications

When the patient is admitted, the physician (a physiatrist or physical medicine and rehabilitation physician) will order medications.

Please tell the nurse about any medications the patient is taking, including:

- prescriptions
- over-the-counter medicines
- herbal or vitamin supplements

If you have questions about medication, please ask the nurse or physician.

TVs, Internet access, and electronics

TVs should be played quietly between 7 a.m. and 9 p.m. Earphones are available for TV use after 9 p.m.

Computers with Internet access are available in the dining room for our patients and their families to use.

Any personal electric equipment must be brought to the nurse's attention and checked for safety.

Personal TVs or radios are not allowed.

Recreation

Recreational activities, including animal therapy, bingo, music appreciation, Wii, and community outings are offered at the Center.

Spiritual needs

The Center offers spiritual support resources on Sundays.