



Kaiser Foundation

Rehabilitation Center

Support for you and your family

Kaiser Foundation Rehabilitation Center is an inpatient rehabilitation facility, and an international center of excellence located in Vallejo, California. KFRC assists Kaiser Permanente members (14 years and older) throughout the Northern California region to recover from disabling injuries and illnesses. KFRC provides the highest quality of rehabilitative care for patients recovering from a brain injury, spinal cord injury, stroke, or other conditions that affect a person's ability to move, speak, or think.

Is KFRC right for you?

Your hospital care team includes your primary physician, nurse, discharge planner, and social worker. This team may also include rehabilitative specialists such as a physical medicine and rehabilitation (PM&R) physician, physical therapist, occupational therapist, and speech therapist. Together, the team will perform an assessment to see how you and your family or caregivers are doing and to get a better sense of your needs. If your hospital care team thinks you could benefit from an inpatient rehabilitation facility stay, then they will refer you to KFRC. If you have significant new rehabilitation therapy needs, then the team will also determine if you are able to actively participate in daily rehabilitation for up to 3 hours each day. They will also assess if you have a practical plan for your care and support after your stay at KFRC. A good plan for your care once you leave KFRC usually means that:

- Your family or caregivers and living space can support your anticipated care needs. For example, if you will need to use a wheelchair at the time of your discharge, the living space you plan to return home to needs to be wheelchair accessible.
- Arrangements can be made for your family or caregiver to remain with you if agreed upon 24 hours a day, 7 days a week. Your family may be able to assist you. This may include being able to help you get:

- in and out of bed
- on and off the toilet
- dressed, bathed, and fed

What to expect at KFRC

Our staff has one goal: to help you recover as much as possible. While you are at the center, we work to accomplish this goal together through your active participation in therapy, as well as education and “hands on” training for your family and caregivers. We will help you relearn everyday tasks and gain an improved level of independence.

Depending on your needs, your stay at the center may last between 5 to 21 days. You will have 3 hours of rehabilitation therapy divided into several short sessions throughout the day on most days of the week.

In addition to working with a physical medicine and rehabilitation (PM&R) physician, your rehabilitation team at KFRC may also include any of the following professionals:

| | | |
|---|--|---|
| <ul style="list-style-type: none"> • Physical therapist • Occupational therapist • Speech language pathologist | <ul style="list-style-type: none"> • Registered nurse case manager • Rehabilitation nurse • Social worker • Registered dietitian | <ul style="list-style-type: none"> • Respiratory therapist • Therapeutic recreation specialist • Adaptive sports |
|---|--|---|

Should you require other medical services/procedures, the hospital provides services on site including: diagnostic imaging, laboratory services, pharmacy services, medical services (hospital-based specialists). Once ordered results may be returned to the clinician from 1 - 24 hours.

Family and caregiver support

Active participation and “hands on” involvement by you and your caregivers throughout your stay help to ensure successful rehabilitation. We offer families a minimum of 8 hours of training during your stay. The total amount of training depends on your abilities and needs at the time of discharge from KFRC. A social worker and case manager are available to assist you and your family members during your stay. They can also help with preparations for your ongoing care after inpatient rehabilitation is complete. To allow active participation, convenience and support for patients and families, a family member is welcome to stay overnight in the hospital room. A reclining chair that converts to a small bed is available. Family staying with a patient are also welcome to use the bathroom and shower.

Returning home

Depending on your level of recovery, you may be able to return to your own home, to a friend or family member's home, to a board and care facility, or other community-based setting.

Family members and caregivers can help ensure a smooth and safe transition to your home environment by preparing in advance. Each KFRC patient will have different needs and abilities. Setting up the living environment correctly can help ensure your continued recovery and independence. Here are some things to consider about your living space:

- Is there a bedroom on the ground floor or entry level of the home?
- Is there a bathroom on the same level as the bedroom?
- If you will use a wheelchair or have limited ability to use stairs, will your family or caregivers be able to install a ramp so you can get in and out of the building?

For more information

- Call the KFRC Admission's office at 1-707-651-2313
- Visit our website at www.kp.org/rehabilitationcenter. Once there, you can:
 - Find directions to the center and see a summary of some of the other services available to our patients during their rehabilitation program at KFRC.
 - View videos about KFRC and how the center helps patients.
 - Watch patient testimonials to learn how the KFRC team has helped others to reach their goals and achieve greater confidence and self-sufficiency.
 - Read an overview of KFRC staff members and their roles in patient care.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you are hit, hurt, or threatened by a partner or spouse, this can seriously affect your health. There is help. Call the National Domestic Violence Hotline at 1-800-799-7233 or connect to ndvh.org.*

KFH All rights reserved. KFRC. ID#04718, Revised 12/1/16