

MOVING FROM INPATIENT TO OUTPATIENT REHAB THERAPY

Following these steps can help patients more easily transition from inpatient to outpatient therapy at UAB Spain Rehabilitation Center (SRC):

Speak to your care team: Discuss your outpatient therapy plan with your inpatient team. They can recommend specific therapists, clinics, and programs that fit your needs.

Set up outpatient therapy: Before being discharged from SRC, make sure you've scheduled your outpatient therapy sessions, to help prevent gaps in care.

Review your discharge plan: Make sure you understand your discharge plan, which includes information on therapy goals, aftercare, medications, and how to follow up with your care team.

Ask about insurance coverage: Check with your insurance company to see if outpatient therapy is covered, and if not, ask your SRC care team about financial assistance or helpful community programs that are free or discounted.

If you have questions, please call the Rehab Case Management Department at 205-934-4985.