

Welcome to UAB Rehabilitation Pavilion

WHAT IS REHABILITATION MEDICINE?

Rehabilitation medicine is focused on caring for people with disabling medical conditions, from diagnosis and treatment to therapy management and even prevention. Rehabilitation medicine covers a wide range of disabling conditions and is broadly divided into four main groups:

1. Stroke
2. Spinal cord injury
3. Traumatic/acquired brain injury
4. General/multi-trauma rehabilitation

At the UAB Rehabilitation Pavilion, our goals are to restore or maximize your physical function, improve your quality of life, and increase your independence.

QUICK FACTS ABOUT SPAIN REHABILITATION CENTER & UAB REHABILITATION PAVILION

- UAB Rehabilitation Pavilion is a 78-bed inpatient acute rehabilitation hospital connected to UAB Hospital
- Staffed by UAB Department of Physical Medicine & Rehabilitation physicians, physician residents, advanced practice providers, rehabilitation therapists, nurses, patient care technicians (PCTs), case managers, psychologists, and other care providers
- 24/7 access to UAB Hospital specialists and resources
- Nationally recognized care model for traumatic brain injury and traumatic spinal cord injury
- Works closely with the UAB Comprehensive Stroke Center, the first in Alabama
- Integrated outpatient rehabilitation center that allows you to continue seeing your rehab physicians upon discharge and participate in transitional rehab, if needed

WHAT SHOULD I EXPECT?

- You will receive coordinated, patient- and family-centered rehabilitation care.
- You will participate in a minimum of three hours of therapy per day, 5 days per week.
- You will receive your therapy schedule the morning after admission, to allow family members/care partners to plan when they can attend your sessions.
- You will be assigned physical therapists, occupational therapists, and speech therapists, as well as psychologists (depending on your needs), who will work with you throughout your stay at the UAB Rehabilitation Pavilion.
- A physician is on site at the UAB Rehabilitation Pavilion 24/7, should a medical emergency arise and you need immediate help.

CARE PARTNER EXPECTATIONS

- Presence at initial evaluation: Care partners should be present on the day of evaluation to meet with the medical, therapy, nursing, and rehabilitation case management teams to develop an effective IPR plan.
- Pre-discharge hands-on training: Care partners must be present prior to discharge for training with nursing and therapy, including hands-on participation in therapy sessions and medical management, as needed.
- Additional care partner guidelines will be provided based on patient's diagnosis prior to admission.

HOW LONG WILL I STAY?

You will be informed of your expected length of stay within the first week. It varies depending on your functional abilities and progress.

CAN I HAVE VISITORS?

Two visitors or care partners age 16 and older are allowed at the bedside at a time. Only one visitor/care partner is allowed to spend the night.

WHAT SHOULD I BRING? (see checklist below)

Comfortable clothes for working in the gym, such as jogging pants, shorts, T-shirts, tennis shoes, etc.

WHERE SHOULD I PARK?

- Self-parking for our patients and their families is available on floors 1-4 of the UAB Rehabilitation Pavilion, the entrance is located at 1700 7th Ave. S.
- For overflow parking, park in the 4th Avenue parking deck. Enter near the intersection of 18th Street South and 4th Avenue South. There are parking fees for the decks and lots at UAB Medicine.

CAN MY FAMILY SPEND THE NIGHT?

One care partner over the age of 18 is welcome and encouraged to spend the night for your comfort.

WILL I STILL RECEIVE MY SAME MEDICATIONS?

Yes, you will be given the same medications you were receiving while in UAB Hospital. If needed, adjustments will be made as your care progresses.

IS THE FOOD MENU THE SAME?

Yes, we offer hotel-style room service, and the menu is the same as when you were in the main hospital.

ESSENTIAL ITEMS FOR TRANSFERRING TO THE UAB REHABILITATION PAVILION

- ☐ Loose-fitting clothes (6-8 sets); may need wide-leg shorts or button-down shirts if you have a cast, external fixator, trach, or neck brace
- ☐ Proper-fitting closed-toe shoes (comfortable for working out/walking)
- ☐ Socks
- ☐ Underwear/panties
- ☐ Toothbrush/toothpaste
- ☐ Comb/brush
- ☐ Deodorant
- ☐ Lotion
- ☐ Hair dryer (optional)
- ☐ Electric razor (if taking blood thinners)
- ☐ Care partner will need to bring his or her own essential personal items, too, such as clothing and grooming supplies

UAB REHABILITATION PAVILION

1700 7th Avenue South, Birmingham, AL 35249