



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Tips to Get the Most Out of Your Short-Term Rehabilitation Experience

Today, many people are discharged from the hospital before they're fully ready and able to go home. They need additional recovery time and care to fully recuperate from an illness, accident or surgery and to return home safely and confidently.

Short-term rehabilitation is an ideal solution. At **Saunders House**, we offer **RenewAll Short-Term & Medically Complex Care**, a program that has been developed specifically to support successful recoveries and allow for safe returns to home.

If you expect that you'll need additional support to fully recover after your hospitalization, it is important to take the time to choose your rehab provider carefully. In addition, you can play a key role in ensuring that you receive the maximum benefit from your care. For example:

- Be your own best advocate – If you have questions or do not understand something regarding your rehab plan, be sure to ask your care team about it.
- Actively participate with your care team in discussing and setting your rehab and recovery goals.
- Let your care team know if you are experiencing pain. Some discomfort is normal when you are rehabbing after a surgery or injury and using muscles that you haven't used in a while.
- Take advantage of the highly nutritious meals you are served. Good nutrition is also very important to your recovery – and something you should continue to pay attention to when you return home.
- Invite your family to visit you often for support and encouragement, as well as to receive updates from your care team. Leading post-hospital rehabilitation centers such as Saunders House have family-friendly visiting policies.
- *Think Positive!* Enjoy your time to relax and recover. Visualize yourself being fully recovered and back at home doing all the things you enjoy. Having a positive attitude about your rehabilitation is important.

Discover Our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Medical Center, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.



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Today, Saunders House offers a range of services – including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our Short-Term Rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.

Disclaimer: *The articles and tip sheets on this website are offered by Saunders House and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*