



SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING
150 YEARS!

A Healthy Tradition of Care and Wellness

Short-Term Rehabilitation Tips for Successful Stroke Recovery

According to the **National Stroke Association** article “**Rehabilitation Therapy After a Stroke,**” early recovery and rehabilitation can improve physical and mental functioning and sometimes, remarkable recoveries are achieved for persons who have suffered a stroke. For patients who are stable, rehabilitation may begin within two days after the stroke has occurred and should be continued, as necessary, after their release from the hospital.

Returning Individuals to Their Highest Level of Functional Independence

Today, post-hospital short-term rehabilitation is a very popular choice for many individuals recovering from a stroke. The goal of short-term stroke rehabilitation is to improve the individual’s level of functioning so that they can become as independent as possible and return home safely. This is achieved in a way that preserves the person’s dignity and motivates them to relearn the basic skills that the stroke may have impaired – skills such as walking, eating, dressing and bathing.

When considering a short-term stroke rehabilitation center, it is important to choose carefully and look for specific factors that are associated with high quality care. For example:

- Specialized expertise and services in stroke care
- Board certified physicians and certified specialists in physical, occupational, speech and recreational therapy
- A full-time Registered Nurse (RN) in the center at all times
- Quality patient recovery outcomes and patient satisfaction
- The Center is Medicare/Medicaid-certified and multiple insurance plans are accepted
- Personalized care plans for each individual
- A clean and attractive environment
- A choice of nutritious food items at each meal
- A welcoming, family-friendly environment

From Hospital to Health to Home

As an example, **Saunders House** in Wynnewood, PA offers **RenewAll Short-Term & Medically Complex Care** – a program that has been developed specifically to support your successful recovery and a safe return home. To achieve this goal, our Interdisciplinary Care Team develops personalized, comprehensive recovery plans designed to meet each individual’s unique needs. These plans are then provided on a one-on-one basis to achieve measurable improvement and the best medical outcomes possible.



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Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **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.

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.