

# SOUTH BAY REHABILITATION CENTER

Highly accredited inpatient and outpatient care for  
your physical disabilities

*Right in your own neighborhood.*

## 15 Reasons you should choose South Bay Rehabilitation Center...

1. **WE ARE IN YOUR NEIGHBORHOOD.** The only Acute Inpatient Physical Rehabilitation Center in the South Bay and the longest CARF accredited program in the San Diego area.
2. **You will have your own Room.** Caregivers can also stay the night with you.
3. **Open visiting hours.** Visitation is encouraged for your social and spiritual well-being.
4. **You will receive 3 hours of therapy M-F.** Our level of care provides the greatest number of hours you can receive in a rehab setting of Physical, Occupational, and Speech therapy to maximize your rehab potential. A modified weekend schedule will be given to allow for rest and visitation.
5. **Daily Visits by a Rehab Physician Specialist.** You will receive highly individualized and compassionate care on our unit. Your Rehab Physician works closely with the rest of the rehab team to address your medical needs in a timely manner. We also have weekly team conferences to talk about your medical needs and rehab goals, and continually provide open communication with you to discuss your progress.
6. **Specialty consultations.** Your Rehab doctor may request specialists see you for specific medical conditions that may need to be addressed such as wound or pulmonary care, or nutritional support.
7. **Nursing Staff Ratio.** Our level of care provides the greatest number of licensed nurses to patients than any other level of care after hospitalization.
8. **Interpreter Services.** Many of our rehab team are fluent in multiple languages. We also have phone interpreter services.
9. **Recreation Activities.** Our recreational therapist provides individual and group sessions. Community outings are planned as well. Wi-fi and access to laptops are also available.
10. **Comforts of home.** Wear clothes from home. Have outdoor visits with family, including your pets. May have food brought in from home. Please ask staff for guidelines.
  11. **Home Visit / Evaluation and Caregiver Training.** Your therapists will take you for a home visit to assess mobility, safety, and equipment needs. They will also order for you any durable medical equipment needed and work with caregivers to prepare you for a more safe return to home.
  12. **In-house Dialysis.** You will be able to complete your dialysis at our facility without interruption of your rehab therapy schedule.
  13. **Transportation to outside medical appointments.** If it is necessary for you to keep an already established medical appointment we will adjust your therapy schedule for the day, communicate with your other care providers, and provide transportation to your appointment.
  14. **Individualized Treatment Plans.** Your treatment process includes primarily 1:1 therapy sessions, education groups for patients and caregivers, Counseling and Psychological support, Family and Team conferences, communication with your doctor's office.
  15. **Outstanding Patient Satisfaction.** Our Patient Opinion Survey results consistently indicated that more than 90% of our patients are extremely satisfied with the care that they received, and that they would recommend us to their family, friends, and physicians.

2400 EAST 4TH STREET