Choosing A Rehabilitation Program

A list of questions to consider as you and your loved one prepare to choose a rehabilitation program.

YES NO

☐ ☐ Does the program provide the services your loved one needs?
☐ ☐ Does it match your loved one’s abilities?
☐ ☐ Is it too demanding or not demanding enough?
☐ ☐ Is it certified?
☐ ☐ Does its staff have good credentials?
☐ ☐ Is it located where you and family members can easily visit?
☐ ☐ Does it actively involve you and other family members in rehabilitation decisions?
☐ ☐ Does it encourage caregivers to participate in some rehabilitation sessions and practice with their loved ones?
☐ ☐ If it is an outpatient or home program, will you or someone else be available to provide in-home care?
☐ ☐ If it is an outpatient program, is transportation available?

What do others in the community think of the quality of the program?

How well are its costs covered by insurance or Medicare?

NOTES:

For additional tools for caregiving or aging, visit www.CaregiversLibrary.org