Dear Patient/Family,

Your physician’s medical plan includes admission to a post-acute care facility upon discharge from NYU Winthrop. This packet of information has been put together to help you understand the different levels of care. Please review the enclosed information. **If you have any questions you may contact the Case Management office at (516) 663-2075. If the phone is not answered, please leave a message and a member of our Case Management staff will return your call within 24-48 hours.**

1. **Levels of Inpatient Rehabilitation:** There are two levels of in-patient rehabilitation: Acute Rehabilitation and Skilled Nursing Facility (SNF) Care.
   - Skilled nursing care is provided in nursing homes. Most nursing homes have a special patient care unit just for short stays. This level of care is given by professionals when you need skilled nursing or skilled therapy to treat, manage, and observe your condition, and see how well you respond to treatments.
   - Acute Rehabilitation is provided in a hospital on special patient care units. Your doctor must certify that you have a medical condition that needs intensive rehabilitation, ongoing medical supervision, and care that comes from your doctors and therapists working together. Most often Acute Rehabilitation patients receive 3 hours of combined therapies a day- 6 days per week.
     Your physician and Physical Therapist will recommend the level of rehabilitation that can best meet your needs.

2. **Insurance coverage and payment:**
   - Medicare:
     - A 3 day hospital stay is required before the Medicare Skilled Nursing benefit can be used.
     - Medicare provides coverage for medically necessary Skilled Nursing Care for the 1st 20 days. Should you need to stay more than 20 days, there is a $170.50 /day co-pay up to day 100.
   - Other insurances and Health Maintenance Organizations (HMOs):
     - HMO’s provide coverage for rehabilitation. However, the HMO must approve the need for this level of care. It should be noted that not all insurance plans cover skilled nursing care. Your insurance provider should be contacted should you have any questions regarding your particular plan especially with regard to your co-pay and deductible responsibilities.
Regardless of the insurance provider, all require a patient to transfer to the first available facility in order for coverage to be provided for rehabilitation.

3. **Facility selection**: NYU Winthrop will make every effort to meet your preferences in arranging your post-hospital care based on the level of care you need, your preferred geographic area, bed availability at the facility and your insurance coverage. Please see the attached list which includes the star quality ratings provided by Medicare.
   - You can go to www.Medicare.gov to see recent survey results comparing facilities locally, statewide and nationally.

There are certain requirements regarding rehabilitation facility selection depending upon a patient’s insurance coverage.
- Medicare requires a patient provide a minimum of 3 facility preferences.
- Medicaid requires 5 choices.
- Health Maintenance Organizations require 5 preferences within the carriers contracted network.
- **Please notify the Case Management Staff of rehabilitation facility preferences within 24 hours of receiving this list.** If the requested number of facilities is not able to be provided within 24 hours, admission application will be sent to the facilities that can best meet a patient’s medical needs.

4. **Day of Discharge**:
   - The day your physician tells you that you are ready for discharge you will be notified and the accepting rehabilitation facility will be made aware.
   - The Case Management staff will set up transportation.

5. **Transportation to Rehabilitation**:
   Some insurance plans do not cover non-emergency transportation. If transportation needs to be arranged and your insurance provider does not cover it, you will receive a bill directly from the transportation provider ($75-$100 on average for an ambulette, $400. + for an ambulance depending upon distance traveled.)

   If a patient wishes to be transported by private automobile, his/her physician must be contacted, agree, and write an order for such in the patient’s medical record.
Frequently Asked Questions:

How is Skilled Nursing Care different from the hospital?
- Although there is a medical team in sub-acute care and rehabilitation, the focus changes
to prepare you for going home. You no longer need to be seen by the doctor every day.
The nursing team is there to support you and will alert the doctor, nurse practitioner or
physician assistant if your condition changes and you need to be seen.

How long can you expect to stay in a skilled nursing facility?
- Some people may stay a week while others stay longer because of their health issues.
You and your family will be part of a team meeting to discuss how you are doing.
Insurance questions and plans for equipment and services that may be needed at home
will be discussed.

How often will I receive treatment and therapy in a skilled nursing facility?
- Based on your health and needs you can take part in therapies 6-7 days per week. You
can receive supplies, such as a walker to your room, after the physical therapist says it is
safe for you to use.

What services are available in a skilled nursing setting?
- Based on your needs the following services are available:
  - Physical Therapy helps to improve muscle strength and ability to move.
  - Occupational Therapy helps to improve activities of daily living such as dressing,
eating and bathing
  - Speech Therapy works to improve the muscles used to talk and swallow
  - Wound care
  - Medications given through the veins
  - Management of pain with medications and others therapies.
  - Recreational therapy
  - Other various treatments

What types of clothes should I bring to a skilled nursing facility?
- It is best to bring a few sets of loose fitting clothes like sweat pants, socks and sneakers
or non-skid shoes.

Will I need money in a skilled nursing facility?
- You may want to have a small amount of money in rehab for using a vending machine or
having your hair cut and styled at the barber/salon. It is best to leave valuables at home.

What do I do if I have a concern or I am not happy with the care I am receiving?
- Ask to speak to the charge nurse and share your concerns. If you are still not happy ask
to speak to a supervisor or administrator. They want to understand how they can make
your stay more comfortable.

Will there be time to rest in the skilled nursing facility?
- Rest is important to healing and recovery. There will be time to rest. However, there are
scheduled fun activities to join in too.

Who will do my laundry?
Family can take laundry home or the facility will label and wash your clothes

Revised 11/2019