

You're Going Home!

Leaving rehab is a big step forward. The goal is to help you **stay safe, confident, and independent** as you return to your daily routine.

Make Everyday Activities Easier

- Sit while getting dressed or bathing
- Use grab bars or sturdy surfaces for support
- Avoid rushing — especially when getting up at night
- Keep a phone nearby in case you need assistance

Set Yourself Up for Success

- ✓ Clear pathways to reduce tripping hazards
- ✓ Keep frequently used items within easy reach
- ✓ Ensure good lighting in hallways, bathrooms, and bedrooms
- ✓ Take your time when moving from sitting to standing
- ✓ Wear supportive, non-slip footwear

Helpful Tools That Can Make a Difference

- Walkers, canes, or other mobility aids
- Shower chairs or benches
- Raised toilet seats
- Reachers or dressing aids

These tools are designed to support

Pay Attention to Changes

Reach out for support if you notice:

- Increased difficulty walking or moving safely
- Feeling unsteady or fatigued
- Trouble with daily activities like dressing or bathing
- Changes in memory, speech, or swallowing

Your Therapy Team Is Still Here for You

Therapy doesn't end at discharge.

- Physical Therapy: Strength, balance, mobility
- Occupational Therapy: Daily activities and home safety
- Speech Therapy: Communication, cognition, and swallowing

We're here to help you continue progressing safely at home.

You've Made Great Progress — Keep It Going!

