

## Welcome to MossRehab

Whether you are recovering from an illness, injury or surgery, or are managing a long-term medical condition, we know that this time can be challenging. The expertise and support of MossRehab physicians and therapists, coupled with your determination and spirit, will help guide you through your rehabilitation. No matter your goal, we'll take it on together.

## CHALLENGE ACCEPTED

MossRehab is a 199-bed acute inpatient rehabilitation provider with six inpatient and 15 outpatient locations in the Greater Philadelphia region. All of our inpatient units are hospital-based with access to high-quality medical care. MossRehab provides a full continuum of care from inpatient rehabilitation to many outpatient programs, including vocational and community re-entry. Our dedication to helping you regain the highest level of independence possible has resulted in a number of important designations, including:

- Accreditation by The Joint Commission and the Commission on Accreditation of Rehabilitation Facilities.
- Repeatedly ranked by *U.S. News & World Report* as one of the top 10 rehabilitation hospitals in the country and top-ranked in Pennsylvania.
- One of 16 Traumatic Brain Injury Model Systems in the U.S., designated by the National Institute on Disability, Independent Living, and Rehabilitation Research.

On behalf of your MossRehab team, thank you for choosing MossRehab.



215-663-6043  
MossRehab.com

## MossRehab Inpatient Locations

MossRehab operates six inpatient rehabilitation units throughout Philadelphia, Montgomery and Lower Bucks counties. All inpatient locations connect to acute care hospitals to provide high-quality medical care, if needed.

### **MossRehab**

60 Township Line Road  
Elkins Park, PA 19027  
215-663-6043

### **MossRehab at Einstein Medical Center Philadelphia**

1200 West Tabor Road  
Willowcrest Building, 2nd Floor  
Philadelphia, PA 19141  
215-456-8628

### **MossRehab at Jefferson Bucks Hospital**

380 Oxford Valley Road  
Langhorne, PA 19047  
215-949-5132

### **MossRehab at Jefferson Frankford Hospital**

4900 Frankford Avenue  
Philadelphia, PA 19124  
215-831-2400

### **MossRehab at Doylestown Hospital**

595 West State Street  
Doylestown, PA 18901  
267-885-1840

### **MossRehab at St. Luke's Sacred Heart Campus**

421 West Chew Street  
Allentown, PA 18102  
610-776-4920



MossRehab.com

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## Preparing for Your Stay



215-663-6043  
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## Admission Criteria

A referral can be made to MossRehab by you, a family member, your physician, case manager or social worker by contacting our Admissions Department at 215-663-6043.

Once a referral has been made, one of our nurse liaisons will facilitate an evaluation. Admission decisions are based upon:

- Rehabilitation diagnosis and medical complexity
- Rehabilitation needs and goals
- Insurance coverage and authorization
- Ability to participate in three hours of therapy at least five days a week

If you are a candidate for inpatient rehabilitation with necessary approval from your insurer, the nurse liaison will work with the referring facility to coordinate your transition to MossRehab and advise which unit is most appropriate for you.

### **For referrals, questions or to schedule a tour, please contact the MossRehab Admissions Department:**

Phone: 215-663-6043

Fax: 215-663-6403

Office hours: Monday to Friday, 8 a.m. to 5 p.m.

MossRehab participates with most insurance plans.

**215-663-6043**  
**MossRehab.com**



## What to Bring

While at MossRehab, you will dress each day in regular clothes. Bring clothing that is comfortable and allows you to move easily. A suggested packing list includes:

- ❑ 5 pairs of sweatpants/slacks
- ❑ 5 shirts or T-shirts
- ❑ 5 pairs of undergarments
- ❑ 1 sweater or light jacket
- ❑ 1 pair of sneakers and/or closed-heel, rubber-soled shoes (shoes that don't slip)
- ❑ Pajamas
- ❑ Toiletries, including toothbrush, hairbrush and personal grooming products (check with nursing before bringing a razor)
- ❑ Eyeglasses, dentures with cup, and/or hearing aid (if needed)
- ❑ Photo ID, insurance card and copies of your advanced directives, living will and/or power of attorney
- ❑ Items for "down time," such as books, magazines, and/or puzzle books

Valuables can be lost or misplaced, so we recommend leaving valuables at home. Personal laundry services are not provided by MossRehab. There are coin-operated laundry facilities on some units.

## What to Expect During Your Stay

Your days at MossRehab will include nursing care, therapies, physician care and activities to help you achieve independence. Breaks, naps and visits from other specialists are based on an individual's needs. Your care team can include physiatrists (rehabilitation physicians); physical, occupational and speech therapists; rehabilitation nurses; social workers; psychologists; and other rehabilitation professionals.

**Length of stay:** We begin to prepare you for your next level of care as soon as you arrive. Within 72 hours of admission, you will know your estimated discharge date. Your actual length of stay with us is determined by your progress in therapy, continued needs for acute rehabilitation, insurance coverage and future goals. There will be a weekly team conference with you, your family members and your care team to discuss progress and remaining goals to determine the next level of care. Your social worker will provide updates on your progress, goals and estimated discharge date.

**Wi-Fi:** Free Wi-Fi is available on every campus.

**Smoke-free facility:** All of our campuses are smoke-free. If you are interested in smoking cessation, please speak with your MossRehab physician.

**Visitors:** Your family and friends are an important part of your recovery process. They are welcome to visit and are encouraged to observe and participate in your therapy sessions to learn how to support you when you leave MossRehab. Each of our six locations has set visiting hours. Visit MossRehab.com for each location's hours and parking information.

There are strict guidelines regarding family pets on our campuses and food from outside the hospital. Please speak to your nurse regarding questions about these policies.