



The Washington Hospital

CENTER FOR
ORTHOPEDICS AND NEUROSCIENCES

PEOPLE IN MOTION

Frequently Asked Questions

How long will mom/dad be on ARU?

- The length of stay depends on a variety of things including
 - the diagnosis of the patient
 - any preexisting or current comorbidities
 - the current level of functioning of the patient
 - the patient's progress once on ARU.

All of these things are taken into consideration when determining your loved one's length of stay.

What is a typical day on ARU?

- A typical day on ARU consists of at least three hours of therapy a day. Depending on the diagnosis of your loved one, therapy may involve occupational therapy, physical therapy, and speech therapy. The therapy is broken up throughout the day so that all three hours are not consecutive.
- On mornings when an occupational therapist assists your loved one with ADL's, the day starts a little earlier (7:00 a.m.), but will usually end earlier (1:30 p.m.)

Who makes all the arrangements for mom/dad when they are discharged?

- ARU has a social worker who will assist with any discharge needs for the patients and their families. Items and services usually arranged by the social worker are: medical supplies (walkers, canes, etc...), home health or outpatient services, and in-home services (meals on wheels, life alert systems, and caregivers).

How will I know the progress of mom/dad while on ARU?

- Any of the ARU staff is able to update you on the progress of your loved one. However, there are weekly care conferences that are held that involve the medical director, the ARU manager, nurses, therapists, and the social worker. After the care conferences, the social worker will contact you as to your loved one's progress. The social worker will also contact you at some point to have family training, which is when you would come in and observe your loved one in therapy. This gives you

an excellent opportunity to meet the staff and ask questions about your loved ones progress.

Does my insurance cover ARU?

- **There are several factors that determine if your loved one is able to be admitted to ARU per insurance: the diagnosis of your loved one, the ability to participate in three hours of therapy, your loved one's ability to demonstrate progress, and is a discharge disposition realistic and detailed. All of these items can be discussed with you by the medical director and the ARU admissions coordinator while your loved one is on one of the medical units at The Washington Hospital. If your loved one has a managed care or commercial insurance, the ARU admissions coordinator is the one who contacts the insurance company to obtain authorization prior to admission.**

How do I get a referral to ARU for myself or my loved one?

- **A referral can be entered by discussing ARU with your physician, your social worker or your case manager. Once an ARU referral is entered, a consult is entered for the ARU medical director and then he will meet with you to discuss your rehab options. You can also request to speak with the ARU admissions coordinator as well.**