



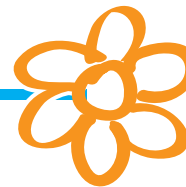
Pediatric Inpatient Rehabilitation Program



Table of Contents

Welcome	2
Mission Statement.....	3
Pediatric Rehabilitation Services	3
Members of the Rehabilitation Team	4-5
Speak Up Program	6
Partnership with Patients, Families, and Caregivers.....	7
Admission Agreement for Parents	7
Pediatric Bill of Rights for Patients	8
Rehabilitation Phone Numbers.....	9
Family Training and Discharge Planning.....	10-11
Outing and Therapeutic Day Passes.....	11
Equipment.....	11
Injury Prevention for Your Family Member after Rehabilitation.....	12-13
Child Life Program.....	14
Psychology and Coping with Injury	15
Frequently Asked Questions	16-19
Hospital Resources	20
Hospital and Community Resources	21-27
Notes	28

Welcome



Dear Patients and Families,

Welcome to the Pediatric Rehabilitation Program at Tampa General Hospital. We are excited about working with you and your family.

Our patients and their functional progress are our highest priority. We focus on our patients' strengths and strive to maximize their independence as well as provide opportunities for socialization through recreational activities.

Our staff is here to help you. We will keep you updated on your child's progress, and will be available when questions arise. Please feel free to approach any team member with questions or concerns. We believe a close partnership between staff members, our patients and their caregivers is an important part of the recovery process.

This orientation manual contains valuable information about the Inpatient Rehabilitation Program, including information about what to expect during your stay, a description of each team member's role, contact numbers, parking information, Cafeteria hours and much more. Please take a few moments to review this manual.

We are glad you have chosen the Inpatient Pediatric Rehabilitation Program at Tampa General Hospital, and we look forward to working with you.

Sincerely,
The Pediatric Rehabilitation Team

Rehabilitation Mission Statement



Tampa General Pediatric Rehabilitation Services is dedicated to serving individuals with functional limitations and their caregivers by promoting optimal independence and quality of life through an interdisciplinary team approach across a continuum of care.

Rehabilitation Services



The Pediatric Inpatient Rehabilitation Center is located on the 5th floor (Pediatric Floor 5E and 5F in East Pavilion) in the main hospital. Tampa General Hospital (TGH) is the region's only Level 1 Trauma Center providing a continuum of care from the acute hospitalization to inpatient rehabilitation and outpatient therapies.

We provide a comprehensive, team-oriented approach to rehabilitation following an illness, injury or surgery. Services are provided for various diagnoses including but are not limited to:

- ▶ **Amputations**
- ▶ **Brain Tumors**
- ▶ **Burns**
- ▶ **Encephalopathy**
- ▶ **Musculoskeletal Injuries**
- ▶ **Neuromuscular Disease**
- ▶ **Orthopedic Joint Replacements**
- ▶ **Rhizotomy**
- ▶ **Spinal Cord Injury**
- ▶ **Spinal Surgery**
- ▶ **Strokes**
- ▶ **Transplants**
- ▶ **Traumatic Brain Injury**

The Rehabilitation Program is accredited by the Commission for Accreditation of Rehabilitation Facilities (CARF) and designated by the Florida Department of Health Brain and Spinal Cord Injury Program as a provider of rehab services for patients with Brain Injury and Spinal Cord Injury. The program's treatment team is staffed by rehabilitation professionals: a physiatrist (rehabilitation doctor), Nurse Practitioner, physical therapists, occupational therapists, speech-language pathologists, social workers, case managers, nurses, psychologists, dietitians, orthotists, and certified Child Life Specialists, who are experienced in Pediatric rehabilitation and understand the unique needs of this population.

The purpose of rehabilitation is to improve function through therapy, exercise, purposeful activities and education which is accomplished through a team approach. The team's primary goals are to:

- Help our patients reach his/her personal goals for independence.
- Return our patients to a functional lifestyle.
- Provide family/caregiver education.
- Evaluate and recommend appropriate DME (Durable Medical Equipment).
- Evaluate and recommend appropriate follow up services after discharge from the inpatient rehabilitation program.

Members of the Rehabilitation Treatment Team



PHYSIATRIST: A medical doctor who has specialized training in a unique area of medicine known as Physical Medicine and Rehabilitation (PM&R). The physiatrist works closely with the entire rehabilitation team and will be directing your child's rehabilitation care.

PEDIATRIC INTENSIVIST/SPECIALIST: Works closely with the Physiatrist and rehabilitation team to manage any medical needs or illnesses that arise.

NURSE PRACTITIONER (ARNP): A registered nurse with advanced graduate education to function as a mid-level provider of medical care. The ARNP works closely with the physiatrist and the rehabilitation team to meet your child's rehabilitation needs. This includes monitoring progress, ordering necessary therapies and managing any illness that may arise.

REHABILITATION NURSE: A nurse who has specialized training in the care of children undergoing rehabilitation. The role of the nurse is to continually assess your child's medical stability and ensure needs such as medicines, dressing changes, diets, tube feedings and skin care are met. The nurse will also teach you about any special care your child may need after discharge.

PATIENT CARE TECHNICIAN (PCT): A licensed team member who provides a variety of indirect and direct care, including providing assist with needs such as nutrition, hygiene, safety and physical and psychological comfort measures to your child.

PHYSICAL THERAPISTS (PT): A physical therapist who has specialized training will work with your child to improve walking, balance, muscle tone, endurance, strength and coordination. Other skills may include teaching proper transfer techniques for getting in and out of bed, a chair or a car.

OCCUPATIONAL THERAPIST (OT): An occupational therapist who has specialized training will assess your child in improving activities of daily living (ADLs) such as bathing, dressing, eating, toileting, toilet transfers, shower transfers, and grooming and recommend adaptive equipment that may increase your child's level of independence. Occupational Therapists also assist patients that may have visual, perceptual or cognitive (thinking) problems.

SPEECH-LANGUAGE PATHOLOGIST (SLP): A speech-language pathologist has special training to assist with communication, cognitive retraining and swallowing. They may also work with your child on using compensatory strategies and assistive technology for memory, attention, problem-solving and reasoning difficulties. If your child is having swallowing problems, the SLP will evaluate the difficulty and provide recommendations for the safest and most appropriate type of food and beverages.

Members of the Rehabilitation Treatment Team



REHABILITATION THERAPY TECHNICIAN (RTT): RTT assists the therapists with patient care and transports patients to and from therapy.

PSYCHOLOGIST: A psychologist is available to your child and you to adjust and cope with the changes brought about by injury or illness. The psychologist works directly with your child and you to provide individual and/or family counseling to address psychological and adjustment issues. In addition, some individuals may need neuropsychological testing to better identify levels of cognitive, behavioral and emotional functioning. This information is helpful when re-integrating you back into the community after discharge from the rehabilitation program.

CARE COORDINATOR (CASE MANAGER): The care coordinator serves as the liaison between the hospital and your insurance. They assist with funding and payment issues throughout the stay. In addition, the coordinator assists the social worker with discharge planning, ordering equipment and outpatient/home healthcare services.

SOCIAL WORKER: A social worker works with the rehabilitation team to develop the most appropriate discharge plan. Discharge planning includes arranging outpatient therapies, ordering medical equipment and arranging any assistance you may need at home as recommended by the therapy team. The social worker may also link families to appropriate community resources.

DIETITIAN: A dietitian works with the rehabilitation team to ensure nutritional needs are being met. The nutritionist assists with assessing and managing any dietary needs and, if indicated, provides education for those with special dietary needs.

ORTHOTIST: The orthotist works with the rehabilitation team to fabricate any custom braces or splints that may be required.

CERTIFIED CHILD LIFE SPECIALIST: A Child Life Specialist is a professional who is specially trained to help patients and families manage stressful healthcare experiences and other life events. They help reduce the stress and anxiety that many children experience in the hospital and healthcare setting.

INTEGRATIVE MEDICINE: An approach to health care that encompasses the whole person: physical, mental emotional and spiritual.

Sessions are provided in the comfort of the patient's room or in the Integrative Mediations's Program's Peace Room.

For more information about the
TGH Integrative Medicine Program,
please call (813) 844-4375

SPEAK UP PROGRAM



Tampa General Hospital encourages patients and families to help us in our efforts to ensure patient safety. TGH supports the Speak Up program sponsored by The Joint Commission. The Speak Up Program urges patients to get involved in their care. We want you to feel comfortable to “speak up” to your nurse, physician, case manager, therapists, or other team members if something does not seem right. It is better to address questions and concerns immediately and directly. We want you to be included in your child’s plan of care and value your input.

The following tips in the Speak Up program highlight ways patients can have safe health-care experiences:

- Speak up if you have questions or concerns, and if you don’t understand, ask again. It’s your child and you have a right to know.
- Pay attention to the care your child is receiving. Make sure you are getting the right treatments and medications by the right healthcare professionals. Do not assume anything.
- Educate yourself about your child’s diagnosis, the medical tests your child is undergoing and your treatment plan.
- Ask a trusted family member or friend to be your advocate.
- Know what medications your child takes and what they do. Medication errors are the most common healthcare mistakes.
- Participate in all the decisions about your child’s treatment. You are the center of the healthcare team for your child.



Partnership with Patients, Families, and Caregivers



PARTICIPATION: The most important members of the rehabilitation team are you and your child. You will participate in setting goals, program planning and therapy activities, as well as in education and training activities that are critical to your child's overall success. We also strongly encourage you and your child to participate in rounds, family meetings, support groups, and educational activities.

DISCHARGE PLANNING: It is important that during your child's stay you work with the team on discharge planning, including making decisions about who will be your child's caregivers and where your child will receive therapy when you leave the hospital.

EDUCATION/TRAINING: In order for our rehabilitation and discharge to be successful, you need to learn about your child's care as quickly as possible, and practice these skills while you are at TGH Pediatric Rehabilitation. Staff members will work with you to help you learn new skills in your child's sessions.

AFTER THERAPY EXERCISES: You and your child will practice the exercises, daily living and hygiene activities, transfers, and other activities and skills to be prepared for discharge

Admission Agreement for Parents



1. Parents are encouraged to attend any conference requested by the rehabilitation team.
2. Parent agrees to participate in the care including grooming, feeding and activities as requested by the rehabilitation team. Weekly contact with social services and/or case management is also requested.
3. Parent will attend education sessions with nursing and therapists as requested.



Pediatric Bill of Rights for Patients



At Tampa General Hospital, I have the right to:

- Be called by my name.
- Be treated with respect and dignity.
- Know the names of my doctors, nurses, therapists and others who help care for me.
- Be taken care of by staff who knows how to provide age appropriate interventions.
- Care that includes consideration of the psychological, emotional, spiritual and cultural variables that influence my perception of the illness and/or disability.
- Have as normal a schedule as possible which includes uninterrupted sleep.
- Have my pain assessed and appropriately addressed during this rehab stay.
- Receive care in a safe setting.
- Be told what is happening to me, and to have my questions answered honestly in words I can understand.
- Make choices and decisions whenever possible. (When possible, I can choose where and when I get my treatments).
- Privacy and confidentiality about the reason for my hospital admissions.
- As short and comfortable a stay as possible.

Pediatric Bill of Rights for Families and Caregivers

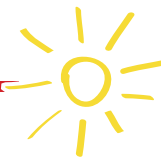


At Tampa General Hospital, your family/caregiver has the right to:

- Be treated with respect and personal dignity.
- Receive information you can understand from those caring for your family member.
- Know about the policies, procedures and routines of the hospital care that includes consideration of the psychological, emotional, spiritual and cultural variables that influence your perception of the illness and/or disability.
- Know what support services are available, including whether an interpreter is available.
- Know who is providing medical services and who is responsible for such services.
- Receive information that will help them and others at home take care of you after you leave the Rehab Center. The materials you get will include information about community resources.

If you have an issue regarding care you receive at Tampa General Hospital, you are encouraged to contact a hospital employee - if you are still in the hospital. The employee will refer your issue to the appropriate department manager/director if unable to resolve the issue(s). All efforts will be made to resolve your issue(s) by the hospital. You may also choose to contact the hospital Risk Manager at 813-844-7666; AHCA (Agency for Health Care Administration) at 888-419-3456; FMQAI (Florida Medicare Quality Improvement Organization): The Florida ESRD Network at 800-826-3773 for a formal grievance involving End Stage Renal Disease services; or the Joint Commission at 630-792-5000 when your issue(s) cannot be resolved.

Rehabilitation Telephone Numbers



Pediatric Nurse Manager	813-844-4229
Therapy Office	813-844-4415
5F Nurse Station	813-844-4206
5E Nurse Station	813-844-4202
Case Management.....	813-844-4198
Social Work.....	813-844-4156
Psychology/Neuropsychology Services	813-844-4251
Pastoral Care	813-844-7049
Rehabilitation Therapy Manager	813-844-7073
Florida Alliance for Assistive Services and Technology	813-844-7591
Florida Spinal Cord Injury Resource Center (FSCIRC)	813-844-4711
(toll free).....	866-313-2940
Rehabilitation Admissions.....	813-844-4172
Outpatient Scheduling	813-844-7719
Child Life Specialist.....	813-844-4208
Intergrative Medicine.....	813-844-4375

My Physician: Dr. Paul Kornberg, MD., Physiatrist
 Board Certified in Physical Medicine and Rehabilitation
 Phone: 813-228-7696

**My Nurse Practitioner,
 Key Contact for Questions:** Dr. Bonnie Rice, DNP, ARNP
 Office: 813-844-8951
 Phone: 813-210-4615



Family/Caregiver Training and Discharge Planning



From the moment of admission, the rehabilitation team will work together to establish goals for what a patient will need to discharge home. Our goal, as a team, is to achieve as much independence as possible for a patient prior to discharge. We consider the patient and their caregiver essential members of our team.

Discharge Date



Once per week the entire treatment team holds a meeting called the care conference/staffing. At this meeting, your child's progress goals, challenges and barriers are discussed. Based upon initial evaluation, the rehabilitation team will project an anticipated discharge date. The physician or nurse practitioner will share the team's recommendations and anticipated discharge date after the care conference. The team will continue to review the anticipated discharge date at each weekly meeting and make changes based on your child's progress. Therefore, the discharge date may vary depending on the progress of the patient during therapy sessions and medical evaluations.

Family Training



Family training is initiated from the first day of your child's stay. The rehabilitation team will work closely with to teach you what you need to know to care for your child to make the transition from rehabilitation to home easier. Based on the patient's condition and needs, the family members/caregivers will be required to complete training and education. Both therapy and nursing will conduct separate training and education sessions with the patient and caregivers. At least one family member/caregiver needs to attend these sessions and usually on the same day, preferably the individual who will be responsible for household assistance after discharge. The intensity of training and necessary training days will be communicated to you in advance. Some families are asked to "room in" overnight and assume all care for the child. This allows the family to simulate what care routines will involve once the child is home.

Therapists will provide instruction on safe and effective ways of transferring your child (from bed to wheelchair, wheelchair to toilet, wheelchair to car or in and out of the tub). The therapists will also teach the caregivers in activities of daily living (such as grooming, dressing, hygiene), bed mobility, ambulation and wheelchair mobility, safety precautions, cognitive memory and problem solving methods. In order for a patient's strength, mobility and cognition to continue to improve, a home exercise program, along with safety instructions, will be developed and reviewed with the patient and caregiver.

Family Training (cont.)



The nursing staff will provide education and training for your child on any special medical needs. Such special needs may include cast or splint care, toileting or urinary catheterization, bowel care, medication administration, gastrostomy tube care and tube feedings, tracheostomy care, burn dressings and orthopedic pin care.

Once the nursing staff or a therapist has trained a caregiver, the caregiver will be expected to demonstrate the ability and knowledge to complete the task independently. Before discharge, the primary caregiver in the home setting will be expected to demonstrate all skills necessary to care for their patient prior to discharge.

Outings and Therapeutic Day Passes



A therapeutic outing may occur during your child's stay. During a therapeutic outing, skills learned in therapy sessions will be used in the community under the supervision of the therapists. Examples of outings are a trip to the aquarium, the department/grocery store, ice cream shop, or the zoo.

A leave of absence (TDP) will often be arranged prior to discharge if your child is medically stable and your insurance approves. A TDP allows a patient to leave the hospital with their parent for a few hours, usually on a Saturday or Sunday (after therapy sessions). Prior to a TDP, the parent must be properly trained in transfers (including car transfers), nursing care needs and other safety precautions. TDPs are important because they allow the parent to practice the training they have received in a community setting and review with the rehab team any questions they might have. In addition, the TDP will assist the team in determining any additional equipment needed in the home and allow your child to practice his/her skills outside of the hospital setting. A TDP checklist will be provided to the family for completion and returned to the nurse after your return from the TDP.

Equipment



During the rehabilitation stay, the team will evaluate the patient's condition and needs in order to recommend the necessary equipment, such as a wheelchair, walker, assistive devices, bathroom and bathing equipment for home use and assistive devices. Nursing will recommend additional equipment if needed. An assessment from the caregiver on the home environment will also be a valuable source of information in determining equipment needs. The social worker will order necessary equipment and arrange for delivery either to the hospital or your home.

Injury Prevention for your Family Member after Rehabilitation

A safe environment for your child to go home to is a priority for the team. Your child's perception of the world may not be the same as it was before the illness or injury. The rehabilitation team would like to offer some general guidelines to help ensure safety. If you have any questions regarding the below topics please address the rehabilitation team for clarification.

- Structure, routine and predictability will greatly assist your child in transitioning to the home environment.
- Make a list of safety rules and post them in the house.
- Beware of overstimulation, such as a busy mall or amusement park.
- Allow rest periods if your child seems overwhelmed.
- Avoid activities that may lead to a fall. This is especially important for a child with impaired judgment or safety awareness.
- Be extra cautious in the house to avoid falls or tripping. If your child is using a wheelchair or walker, check the measurements to assure the device will fit into the bathroom, doorways or hallways.
- Lock up any harmful household items such as medication, cleansers, pesticides, or cosmetic items to reduce the risk of ingestion. It is also recommended to remove and lock up any flammable items, guns, keys to cars or any other potentially injurious items within the household.
- Your child may exhibit increased impulsivity after a head injury. General rules such as no driving, cooking or showering may require re-enforcement if necessary.
- A child/teen with impaired judgment may attempt to leave the household unsupervised. A bracket or dead bolt locking system may be advisable for those with impaired safety awareness. Any time an additional locking system is installed, a fire escape plan should be developed for the home and practiced regularly to avoid entrapment during a fire.
- A family member may need to supervise the dispensing and swallowing of all prescribed medications.
- Those who have experienced a head injury or stroke may be more sensitive to the effects of medications (i.e., sleepiness or confusion from antihistamines, narcotics or over the counter medications.) Use extreme caution with these medications. You may wish to discuss the dosage of the over the counter medications to better understand how the medicine may affect your family member with your child's physician.
- If your child is prone to getting up without assistance and is at risk of falling, bed and chair alarms may be purchased on the Internet or by phone two companies are:

Easylink UK at <http://www.easylinkuk.co.uk/page45.html>

or

Colonial Medical at

[http://www.colonialmedical.com/product.php?productid=16811&cat=0&page=1.](http://www.colonialmedical.com/product.php?productid=16811&cat=0&page=1)

Both units cost under \$50. Some families have used a baby monitor as well.

Injury Prevention for your Family Member after Rehabilitation (cont.)

- Move furniture in the home to clear a path for safe mobility.
- Remove throw rugs unless otherwise instructed by the therapy team.
- Check steps to ensure they are level and in good working order.
- Check all lights throughout the house and replace necessary lighting.
- Fix any loose handrails or put in new ones. Try to have handrails on both sides of stairs if possible.
- Move items in the kitchen cabinets and refrigerator to allow easy access.
- Put a non-slip rubber mat on the tub or shower floor.
- Place a lamp within easy reach to the bed.
- Put in a night light to improve vision at night.
- Get up slowly after you sit or lie down.
- Paint contrasting color stripes on the edge of steps if visual impairment is present.
- Keep emergency numbers in large print near each phone.
- Clearly label all medications and keep out of your child's reach.
- Install smoke detectors and/or check the pre-existing smoke detectors each year.
- Keep the water heater thermostat at 120 degrees Fahrenheit or lower to avoid hot water burns.
- Have a working fire extinguisher in the kitchen area.



Child Life Program



A Child Life Specialist is a professional who is specially trained to help patients and families manage stressful healthcare experiences and other life events. They help reduce the stress and anxiety that many children experience in the hospital and healthcare setting.

TGH has Certified Child Life Specialists on staff, who help with the rehabilitation process by:

- Education, support and distraction during procedures.
- Facilitating play therapy.
- Planning and facilitation daily group and individualized recreation interventions, games, movies, picnics, lunches, pet therapy, art therapy, music therapy and integrative medicine activities.
- Normalizing the hospital environment.
- Working with the medical team to minimize stress associated with a hospital visit.
- Working with the medical rehab team on rehab goals and developmental tasks.
- Developing supportive relationships with patients and family members.
- Using medical play for patients to express feelings and cope with stress.
- Teaching coping skills and pain management including comfort positioning, progressive relaxation, deep breathing, alternative focus, guided imagery, therapeutic touch and diversionary activities.
- Offering siblings and friends support and education.
- Assisting with development and implementation of a behavior management plan.



Psychology and Coping with Injury



It is common for a child going through an intensive inpatient rehabilitation program to experience changes in behavior and emotions. This may be the direct result of the injury itself or due to issues of adjustment from the many challenges of being in rehabilitation. In order to assist you through these difficulties, the team includes a psychologist for emotional support, assessment and behavior management.

It is important that you share thoughts and feelings about your illness/injury and hospital stay with the rehabilitative team. The psychologist help you make sense of what has happened. In addition, counseling can be provided to help cope with the adjustment to injury-related issues.

The psychologist will evaluate your child's cognitive and behavioral outcomes during and after medical treatment and injury. Additionally, he/she will advocate for you and your child's rights as you re-enter the community.

During a patient's stay at the hospital, it is very important to monitor and balance the needs of the caregiver as well. Though some life circumstances cannot be altered, sharing thoughts and feelings with a trained mental health professional can give you an opportunity to cope with your emotions. The psychologist will assist with problem solving and provide support.

Coping for Brain Injury Patients



If behavior starts interfering with your child's participation, the neuropsychologist will work with you and the team to develop a behavior plan. Behavior plans are designed to use positive reinforcement and:

- promote appropriate and positive behaviors
- decrease harmful and/or inappropriate behaviors
- teach new adaptive behaviors

This behavior plan will be monitored by the psychologist working together with your child, you and the rehab team. Your input and feedback during this process will be very important.



Frequently Asked Questions



Q: What should I expect when my child is admitted to Rehab?

- Located in Children's Medical Center (East Pavilion) at TGH.
- 5th floor of hospital, Pediatrics 5E and 5F.
- You may share a room.
- Doctor or Nurse Practitioner will assess your needs and write orders for other rehab team members.
- Evaluations by rehab team members will begin on day of arrival or next day (depending on time of arrival).
- Goals will be set for rehab stay with you and your child's input.
- A schedule will be placed on door for therapy times on day of evaluation.

Q: How long will my child stay in the Inpatient Rehabilitation Program?

- The estimated length of stay (ELOS) will be determined by rehabilitation team members – according to your child's diagnosis, progress and discharge plan.
- A Care Coordinator will contact insurance provider – in regards to child's progress and goals.

Q: Can I stay with my child?

- Overnight accommodations are available at the child's bedside for (1) one parent/caregiver. The individual staying overnight must be 18 years of age or the parent.
- There is a Ronald McDonald House on campus that provides overnight accommodations for families that qualify for their program so you can be close to your child. There is a small fee each day, but may be waived under special circumstances. You must have a referral from the Social Worker to stay at Ronald McDonald House.
- Your child may be exhausted from therapy, please promote age appropriate bed times.

Q: What type of rehabilitation services will my child receive?

- May include physical therapy (PT), Occupational therapy (OT), Speech Therapist (ST), Psychology, and Child Life.
- Integrative medicine and biofeedback is also available.
- School.

Q: How much therapy will my child receive on weekdays/weekends?

- Up to 3 hours of PT/OT/ST on weekdays (morning and afternoon).
- Limited PT and/or OT on weekends (morning).

Q: How will I know my child's therapy schedule?

- Schedules are posted on each child's door and updated each day.
- Schedules may be changed if necessary to accommodate the entire Pediatric Rehab population.

Frequently Asked Questions (cont.)



Q: What is a typical day in rehab?

- The times of the therapies may vary.
- Family should awaken the child at 7am every day.
- Breakfast is between 7am and 8:00am.
- Please try to take your child to the toilet before therapies start for the day.
- If the therapists wish to work on dressing skills they will notify you the day before so you can wait until they arrive before starting activities such as dressing or brushing teeth.
- Lunchtime is at noon.
- Therapy may treat in two sessions, morning and afternoon, depending on endurance of the child.
- Naps and rest times can be arranged into schedules.
- Child Life, neuropsychological testing and school may also be placed into schedule.
- Dinner is typically served between 4pm to 6pm.

Q: How will I know my child's progress in therapy?

- Members of rehab team will discuss child's progress on an ongoing basis
- There are formal meetings weekly to discuss child's goals and progress
- The doctor or nurse practitioner will meet with you to discuss these meetings – along with estimated length of stay
- A meeting will be held with family within a week after the first care conference/staffing with team members (unless your child's total length of stay is less than 7 days).

Q: What clothing and personal items are necessary for my child?

- Bring in a weekly supply of comfortable clothing
- Loose fitting clothes (like gym pants and T-shirts)
- Sturdy shoes (sneakers, preferably with Velcro closures)
- Light sweater or jacket
- Underclothes
- Personal hygiene items
- Hairbrush/comb
- Special items: pillows, stuffed animals or toys, pictures from home
- Laundry – located in Family Lounge in Pediatrics. The nurses can assist with providing laundry soap.
- Please mark all clothing and personal items with your child's name
- A small safe is located in clothes cubby of most rooms.

Q: What equipment should I bring from home?

- Please bring in any braces, walking devices and wheelchairs that your child utilizes at home – so they can be evaluated by the team
- Do not buy any new equipment before coming to rehab
- Please share with your therapists any problems you are having with your therapy equipment, such as wheelchair, kid kart, stander or bracing. These issues can be addressed while an inpatient in Pediatric Rehab.

Frequently Asked Questions (cont.)



Q: May my child go home during their hospital stay?

- Yes, they may be cleared for a leave of absence (Therapeutic Day Pass) to go home for a few hours on the weekend. TDPs are scheduled after morning therapy until 8:00 pm.
- Family members who will assist the child at home must attend therapy and nursing training sessions to prepare for TDPs.
- You or a family member will have to demonstrate competency in all skills necessary to ensure your child's safety on their TDP.

Q: How will my family and I be involved in my child's rehabilitation program?

- The therapist will keep you updated and times will be scheduled for you or your family to observe/participate in therapy.
- While you and your family are visiting you will learn how to do all of the care the nurses are doing for your child for discharge home.
- Family meetings will be planned during your child's inpatient rehabilitation stay to discuss your child's progress and goals with the medical and therapy team.

Q: Can my child have visitors?

- Yes, we encourage visitors to please come after therapy sessions around 4:00 pm. Visiting hours are 8:30am – 8:30pm.
- Caregivers who will participate in the child's care after discharge may be asked to attend therapy for training purposes.
- No more than three (3) visitors are allowed at the bedside at any time. If there is a large group of visitors, we ask that you have them wait in the waiting room and rotate your turn to visit.
- Children (siblings or visitors under the age of 18 years old) may visit if they are not sick, but may not stay overnight and they must be supervised by an adult at all times.

Q: Where should I park at the hospital?

- TGH Parking garage adjacent to the main hospital with the first hour of parking free and time greater than one hour at \$3 flat rate when exiting the garage.
- Families staying at Ronald McDonald house should park adjacent to the house.
- Parking Management:
(813) 844-2277 open 6:00am-4:00pm Monday-Friday.
- You must have a referral from the Pediatric Social Worker (813) 844-4156 to stay at the Ronald McDonald House.

Frequently Asked Questions (cont.)



Q: What should I expect when my child is ready to be discharged?

- Once your child's discharge date is determined the doctor or nurse practitioner will discuss with the family.
- They will assist with ordering equipment needed, arrange for outpatient therapy and provide you with any necessary contact information for other services.
- The team will set up training sessions as needed for you and your child.
- You will be provided with information regarding our child's health status (portable medical record), ongoing therapy needs, home safety precautions and follow up with medical specialists.

Q: What should I expect on day of discharge from rehab?

- Plan to leave around lunch time.
- Check your child's belongings.
- Remember to check contents of safe.
- It is recommended that you begin packing the night before discharge.
- Ask nurse to retrieve any items stored in security.
- Attend morning therapies.
- Discharge instructions will be provided from the nurse before discharge – you will need to sign these forms before you can be discharged.
- You will be contacted after discharge by phone for follow up.

Q: May my child bring small electronic devices to the hospital?

- Yes, you may bring personal electronic devices.
- For your convenience, each room has a small safe that you can lock up your smaller belongings.
- Never leave small portable electronics such as Smartphones or PSPs on the bed. They may get folded up in the linens and be inadvertently discarded.
- The hospital is not responsible for the loss or theft of these items.

Q: Will my child and I be able to call friends and family?

- Yes, you may make local calls from the room phone by dialing "29" then the number.
- Long distance calls dial "0" for the operator and request a long distance call and state the phone number.
- Friends and family may call the room directly.
- Incoming calls will be blocked from 10:00 pm to 7:00am for quiet time.
- Telecommunication devices for the deaf (TDD) and for the hearing impaired are available upon request.

Q: Where can our visitors and family find a restaurant?

- Cafeteria/Food court- West Pavilion 1st floor.
- McDonald's and Starbucks Coffee- East Pavilion 1st Floor.



Information Desk

- Main lobby, 1st floor, West Pavilion
- East Pavilion, 1st floor, near McDonald's

ATM

- An ATM is located inside McDonald's, as well as in the Cafeteria/Food Court

Laundry Facilities

- Located in the Parent Lounge on Pediatrics

Dining Services

- TGH Cafeteria/Food Court, 1st floor, West Pavilion.
- A daily menu may be obtained by dialing (813) 844-6368 (MENU)
- McDonald's, 1st floor, East Pavilion
- Starbucks Coffee, 1st floor, East Pavilion

W.H.A.R.F. Gift Shop

- Main Lobby, 1st floor, West Pavilion
- (813) 844-7370
- Hours of Operation: Monday-Friday, 9:30 a.m. - 8:00 p.m.; Saturday, 10:00 a.m. - 4:00 p.m., Sunday, 11:00 a.m. - 4:00 p.m.

Pastoral Care

- The chapel is located on the 1st floor, West Pavilion
- (813) 844-7063

Internet Services

- Wireless internet access is available throughout the hospital with **TGH Guestnet** as your internet access.
- Getwell Network in the patient rooms allows some internet access.
- CaringBridge.org - A free service that lets you set up a unique webpage for yourself, family or friends who are hospitalized. Visit www.tgh.org to link to this service.





General Community Resources for Persons with Special Needs

Provider Name	Assistance Provided	Contact Information
ADA Watch	Defends and promotes the Americans with Disabilities Act (ADA)	http://www.accessiblesociety.org/topics/ada/adawatchgroup.htm www.adawatch.org
Advocacy Center for Persons with Disabilities Inc.	Provides protection and advocacy services	850-488-9071 www.advocacycenter.org
Assistive Technology Education Network (ATEN)	Assistive technology support for students	www.aten.scps.k12.fl.us
Caregiver.com	Caregiver support groups by county	www.caregiver.com/regionalresources/states/FL/support/index.htm
Caring & Sharing Center for Independent Living, Inc (CASCIL)	Assist people to achieve greatest degree of independence possible	727-577-0065 www.cascil.org
Center for Assistive Technology and Environmental Access	Assistive and universally designed technologies	800-726-9119 www.catea.org
CenterWatch	Provides educational materials on clinical research	www.centerwatch.com
Clinical Trials	Provides information about federally and privately supported clinical research	www.clinicaltrials.gov
Disability Achievement Center	Advocacy for persons with disabilities in Pinellas and Pasco counties	866-539-7550 727-577-0065 http://www.disabilityachievementcenter.com/
Disability Rights Education and Defense Fund (DREDF)	Protects and advances the civil rights of people with limited abilities	800-348-4232 www.dredf.org
Disability Rights Florida	Provides protection and advocacy services in the state of Florida	800-342-0823 850-488-9071 http://www.disabilityrightsflorida.org/
Family Cafe	Venue for people with disabilities and their family to learn about available services in Florida	www.familycafe.net
Florida Alliance for Assistive Services and Technology (FAAST)	Advocacy and awareness activities that increase access to and acquisition of assistive services and technology	813-844-7591 www.faast.org
Florida Commission for the Transportation Disadvantaged	Ensure the availability of efficient, cost-effective and quality transportation services for disadvantaged persons	813-276-8999 Hillsborough 727-464-8200 Pinellas 863-534-5301 Polk 727-834-3200 Pasco 352-799-1510 x15 Hernando 850-410-5715 Medicaid Specialist www.dot.state.fl.us/ctd/index.htm

General Community Resources for Persons with Special Needs



Provider Name	Assistance Provided	Contact Information
Florida Developmental Disabilities Council	Information for people with limited abilities, families, advocates and professionals	800-580-7801 850-488-4180 www.fddc.org
Florida Diagnostic and Learning Resources System (FDLRS)	Provides diagnostic and instructional support services	813-837-7777 www.fdlrs.org
Florida Directory of Early Childhood Services	Provides disability services	800-654-4440 www.centraldirectory.org
Florida Disabled Outdoors Association	Education about the therapeutic value of recreation	850-201-2944 www.fdoa.org
Florida Housing Coalition	Resource list related to housing	850-878-4219 www.flhousing.org
Florida Inclusion Network	Provides learning opportunities	813-837-7730 www.floridainclusionnetwork.com
Florida Independent Living Council (FILC)	Promote independent living opportunities for persons with limited abilities	877-822-1993 850-488-5624 (voice/TTY) http://ilcflorida.org/pages/resources
Florida Institute for Family Involvement (FIFI)	Enable individuals to advocate for appropriate services and make wise service choices	877-926-3514 305-293-7626 www.fifionline.org
Florida Instructional Material Center for the Visually Impaired (FIMCVI)	Assist schools in obtaining specialized materials for students with visual impairments	813-837-7826 www.fimcvi.org
Florida Youth Council	Council	www.familycafe.net
Learning Disabilities Association of America (LDA)	Enhancing the quality of life for all individuals with learning disabilities	412-341-1515 www.ldaamerica.us
Medicaid Waiver	Re-integrate individuals into their communities	866-875-5660 www.doh.state.fl.us/workforce/brainsc/medicaid/medicaid_home.html
Nathaniels Hope Buddy Break	Respite Group	www.Nathanielshope.org www.buddybreak@relevantchurch.org
New Horizon Fund	Offers loans for the purchase of assistive technology (up to \$30,000), and home-based business loans (up to \$20,000)	888-788-9216 http://www.faast.org/New-Horizon-Fund/assistive-technology-loans
Self Reliance, Inc Center for Independent Living	Advocacy, peer support and mentoring.	813-375-3965 813-375-3972 (TTY) www.self-reliance.org
Tampa Lighthouse for the Blind	Comprehensive rehabilitation programs for persons who are blind or visually impaired	813-251-2407 www.tampalighthouse.org
TASH	International association of people with disabilities	202-540-9020 www.tash.org



General Community Resources for Persons with Special Needs

Provider Name	Assistance Provided	Contact Information
The	Provides Floridians with limited abilities fair employment opportunities	850-224-4493 www.abletrust.org
Unite2FightParalysis	Unite and empower physically disabled by paralysis	888-202-1992 www.unite2fightparalysis.org
United Cerebral Palsy (Achieve Tampa Bay)	Advance independence, productivity, and full citizenship of people with disabilities	800-872-5827 www.ucp.org
University of South Florida Rehabilitation Engineering and Technology Program (RETP)	Provides quality technology interventions	813-974-5346 http://retp.eng.usf.edu
Vocational Rehabilitation	Enable individuals with limited abilities to obtain and keep employment	800-451-4327 www.rehabworks.org
VSA Florida	Helping persons with limited abilities learn through, participate in, and enjoy the arts	813-975-6962 www.vsafi.org
Wheelchairs 4 Kids	Donation	954-792-7223 www.darrellgwynnfoundation.org

Government Offices		
Provider Name	Assistance Provided	Contact Information
Directory of Elected Officials		http://www.usa.gov/Contact/Elected.shtml
Florida Commission on Human Relations		http://fchr.state.fl.us
Florida Department of Elder Affairs		800-963-5337 http://elderaffairs.state.fl.us/index.php
Florida Division of Workers Compensation		800-342-2762 850-413-3100 http://www.fldfs.com/wc/
Florida LTC Ombudsman Program	Advocate for those living in nursing homes, assisted living facilities, and adult family care homes.	http://ombudsman.myflorida.com/index.php
Florida Medicaid Office		888-419-3456 http://ahca.myflorida.com/Medicaid/index.shtml
Florida State Website	Information for residents of Florida	http://myflorida.com/
State Library of Florida		850-245-6600 http://dlis.dos.state.fl.us/library/
SunPass Prepaid Toll Program	Assists persons with limited abilities pay for tolls	888-865-5352

General Community Resources for Persons with Special Needs



Service Animals		
Provider Name	Assistance Provided	Contact Information
Canine Companions for Independence	Provides highly trained assistance dogs	http://www.cci.org
Canine Helpmates, Inc		907-357-5700
Classic Service Dog Network	Types of dogs trained: Service, Hearing, Seizure Alert/Response, Therapy	904-775-1559 407-474-2875 jcarter@cfl.rr.com
Florida Canines Assisting People	Types of dogs trained: Service, Therapy	352-821-2798
Florida Dog Guides for the Deaf	Types of dogs trained: Hearing	800-520-4589 941-748-8245 (TDD)
My Angel with Paws	Provide service dogs	www.myangelwithpaws.org
New Horizon Service Dogs	Types of dogs trained: Service, Mobility Assistance	386-456-0408 newhorizons@cfl.rr.com
Okada	Types of dogs trained: Seizure Response, Hearing, Social/Therapy, Alzheimer's Guide Dogs	352-344-2212 okada@okadadogs.com
Sedona Service Dog Program	Assists persons with limited abilities pay for tolls	sedonak9@aol.com
Wags / Vicon Kennels	Types of dogs trained: Service	352-482-3988

General Community Resources for Persons with Special Needs



Sports and Recreation		
Provider Name	Assistance Provided	Contact Information
Axis Dance Company	Dance Classes	www.axisdance.org
Bakas Equestrian Center	Therapeutic Horseback Riding	813-264-3890
BlazeSports	Maximize potential through sports	www.blazesports.com
BlazeSports Daytona Beach	Maximize potential through sports	http://codb.us/residents/Departments/leisure/Therapeutic
BlazeSports Miami	Maximize potential through sports	www.shakealegmiami.org
BlazeSports Pensacola	Maximize potential through sports	www.ci.pensacola.fl.us
BlazeSports Tampa Bay	Maximize potential through sports	813-744-5307
Broward County Parks and Recreation	Parks and Recreation Department	www.broward.org/parks
Buddy Baseball	Buddy assisted sports	813-416-5742 www.buddybaseball.org
Campy Boggy Creek	Provides camp experience	352-483-4200 www.boggycreek.org
Dream Oaks Camp	Outdoor camp experience	800-348-4232 www.dredf.org
Lee County Parks and Recreation	Parks and Recreation Department	www.leeparks.org
Long Center in Clearwater	Aquatics (adaptive sports)	727-793-2339
Quantum Leap	Hippotherapy	quantumleap@verizon.net
Sailability Tampa Bay	Adaptive sailing program individuals with limited abilities	727-489-9468 www.sailabilitygreatertampabay.org
Sailing Alternatives, Inc		www.sailingalternatives.org
Saddle Up Riding Club	Therapeutic Horseback Riding	727-637-3022
Therhappy	Hippotherapy	www.therhappy.org
True Blue Therapy	Aquatics	www.truebluetherapy.net
Special Olympics	Sports and Activities	813-712-8709
U Can Ski 2	Provides adaptive water ski events for adults and children	www.ucanski2.com
USA Water Ski Adapted	Provides resources for adaptive water skiing	www.usawaterski.org/pages/divisions/WSDA/main.htm

General Community Resources for Persons with Special Needs



Additional Resources for Persons with Brain Injury		
Provider Name	Assistance Provided	Contact Information
Brain and Spinal Cord Injury Program	Provides the opportunity to obtain the necessary services enabling them to return to their community	800-342-0778 http://www.doh.state.fl.us/demo/BrainSC/index.html
Brain Injury Association of Florida (BIAF)	Informs, educates, supports, and advocates on behalf of traumatic brain injury (TBI) survivors, their families and caregivers	800-992-3442 www.biaf.org
Miami Jewish Home and Hospital	Brain and Spinal Cord Injury ventilator dependent rehabilitation program	305-751-8626 x3843 www.mjha.org

Additional Resources for Persons with Other Disorders		
Provider Name	Assistance Provided	Contact Information
Guillain-Barre Syndrome	Provides support to those affected	610-667-0131 http://www.gbs-cidp.org
Tampa Bay Ataxia Group	Improving the lives of persons affected by ataxia	www.ataxia.org/chapters/TampaBay/defaults.aspx

Additional Resources for Persons with Multiple Sclerosis		
Provider Name	Assistance Provided	Contact Information
MSAA Southeast Regional Office	Support Group	800-532-7667 x154 727-367-1113
Multiple Sclerosis Association of America	Enrich the quality of life for everyone affected by Multiple Sclerosis	www.msaa.com

Additional Resources for Persons with Muscular Dystrophy		
Provider Name	Assistance Provided	Contact Information
Muscular Dystrophy Association	Provides support to those affected	www.mdausa.org

Additional Resources for Persons with Stroke		
Provider Name	Assistance Provided	Contact Information
America Stroke Association	Build healthier lives, free of cardiovascular disease and stroke	888-478-7653 www.strokeassociation.org
CDC's Cardiovascular Health	Provide public health leadership to improve cardiovascular health for all	http://www.cdc.gov/DHDSP/
Florida Department of Health	Promoting health and preventing chronic disease	www.doh.state.fl.us/Family/heart/index.html

General Community Resources for Persons with Special Needs



Additional Resources for Persons with Spinal Cord Injury		
Provider Name	Assistance Provided	Contact Information
Christopher Reeve Foundation	Committed to finding a cure and improving the quality of life for people with SCI	800-225-0292 www.christopherreeve.org
Citrus County Spinal Cord Injury Support Group	Support Group	352-631-0191 Rufus Walters
Florida Dept of Health Brain and Spinal Cord Injury Program	Provides eligible residents the opportunity to obtain the necessary services enabling them to return to their community	800-342-0778 866-875-5660 850-245-4045 http://www.doh.state.fl.us/demo/BrainSC/index.html
Florida Spinal Cord Injury Resource Center (FSIRC)	SCI resource information for persons who have survived and SCI	866-313-2940 www.fscirc.com
National Spinal Cord Injury Association's Florida Resources		www.spinalcord.org
South Florida Spinal Cord Injury Model System		800-545-2292 305-585-1320 www.sci.med/miami.edu



Notes:

