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Jamestowne

Inpatient & Outpatient Therapy

- Community First Solutions -
A Not-For-Profit Network since 1918



We are honored that you have chosen us to be a partner on your rehabilitation journey. At Jamestowne, we are committed to adapting to your progress as you gain strength through therapy and move through your unique stages of recovery. We take great pride in watching you regain your strength and confidence and work hard to help you return home as quickly as possible.

Jamestowne was built to combine state-of-the-art healthcare innovation with five-star hospitality to provide unmatched comfort and quality to the patients we care for. Our healthcare, therapy, culinary, and resident services teams will work hard to ensure your satisfaction throughout your stay.

We also work hard to provide transparent and timely communication with you and your family throughout your stay. Within the first 72 hours, we will host a wellness conference to introduce our team to your family support system and customize a plan for your recovery and safe transition home. Our team will continue to meet with YOUR team to keep them apprised of your progress and ensure a successful transition home.

Thank you for allowing our team the opportunity to partner with you on your wellness journey. We look forward to developing your customized care plan and celebrating your success as you work to regain your strength and wellness.

PREPARING FOR YOUR STAY AT JAMESTOWNE

WHAT TO PACK

Please provide approximately one week's worth of the following items:

- Underwear and/or undershirts, socks and comfortable pants
- Shirts (if skin is fragile, please consider long sleeves)
- Sweaters (optional but recommended if easily cold)
- Pajamas or gowns
- Robe or house coat (optional)
- Shoes appropriate for therapy (NO slip-on, open-toe, or open-back shoes as these can contribute to falls)
- Bathing suit or trunks if taking part in aquatic therapy

Please try to pack comfortable clothes that are frequently worn at home. Keep in mind that part of therapy will be managing dressing tasks effectively, despite the physical challenges resulting from recent illness or surgery. We share your loved one's goal to regain or improve their function as well - or better - than before their hospitalization.

PERSONAL CARE

All of our private suites have a handicapped-accessible bathroom and shower. Your shower schedule will be adjusted to meet individual needs/requests based on preference as your care plan care is developed.

MEDICATION

Our nursing team will manage your medication throughout your stay. We will receive a list of medications from your physician and manage all ordering and medication dispensing. You are not permitted to bring your own medications to Jamestowne.

WHAT TO EXPECT UPON ARRIVING AT JAMESTOWNE THERAPY

Upon admission, our health services team will complete admission assessments and begin to develop your plan of care. Within the next 24-48 hours, our therapy team will conduct physical, speech, and occupational therapy evaluations. Together, our health services and therapy team will establish the best plan of care for you to return home quickly and confidently. We will assess your strength, balance, endurance, cognition, safety awareness, mobility, self-care, and swallowing. Based on your physician's recommendations and personal responses, we will establish your wellness goals and support you in achieving those goals.

TYPES OF THERAPY

Physical Therapy (PT): focuses on improving mobility and functioning, eliminating disabilities and impairments by decreasing pain, and improving strength, balance and endurance. We focus on improving skills related to motor movement, such as sitting, standing, walking, and climbing stairs.

Occupational Therapy (OT): focuses on improving skills required for activities of daily living such as dressing, grooming, toileting, bathing, cooking, laundry, grocery shopping, etc.

Speech Therapy (ST): focuses on improving cognition, memory, word finding, communication, and safety awareness. Our speech therapists will also assess your swallow function to ensure you are on the proper diet.

HOW OFTEN IS THERAPY

Your therapy frequency and treatment times will be established based on your diagnosis, needs, and insurance. We will do our best to accommodate your preference when scheduling your therapy.

CARE COORDINATION & TRANSITIONING HOME

At Jamestowne, we begin planning your return home before you even arrive. Soon after you check in, our team will connect with you and/or your family to set up your first Wellness Conference.

This is an opportunity to meet with your interdisciplinary care team, including nursing, therapy, and other staff, to discuss your goals and care plan. Topics may include therapy goals, medication review, and planning for what additional support or services you may need to transition home safely. Depending on your length of stay, we may schedule additional wellness conferences to ensure clear communication to allow your Jamestowne and family care teams to develop plans that support your success throughout your stay and following your return home.

Because we offer a continuum of services, we are uniquely positioned to work as a team to ensure success throughout your wellness journey. Together, we help you transition home by connecting you with various resources to enhance and sustain your well-being.

THERAPY OFFERED UPON DISCHARGE

- **Bridges Rehab At Home** - provides home health support to extend your therapy at home.
- **Outpatient Therapy** - allows you to return to Jamestowne to continue working with your therapist and build strength.
- **Elements Wellness Centers** - feature pools, fitness classes, spa services, and certified staff to help maintain your regained strength.

COMPREHENSIVE SUPPORT

- **Home Care** - assistance with day-to-day personal care and household assistance
 - **Home Delivered Meals** - fuel your recovery without the stress of shopping or meal preparation
 - **FLEET Transportation** - ensures you don't miss an appointment with your physician
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JAMESTOWNE DINING OPTIONS

We work hard to make your dining experience enjoyable and offer restaurant-style dining anytime between the hours of **7:00 A.M. and 7:00 P.M.**

If medically appropriate, we encourage residents to enjoy meals in our dining room. This promotes mobility, engagement, and cognitive wellness. If needed, we will provide tray service for individual dining in rooms.



VISITATION

Visitation is open to all residents and their guests. Visits must be conducted in a manner that adheres to the current guidelines for COVID-19 infection prevention and does not increase the risk to other residents. Signage at Jamestowne will indicate our current COVID-19 safety protocols.

Jamestowne boasts bright, open, and welcoming seating areas for families and friends to gather while they visit and offers a meeting space outside of your room.



JAMESTOWNE



COMMUNITY FIRST SOLUTIONS

Jamestowne Inpatient & Outpatient Therapy
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