

Physical Rehab or Sub-Acute Care Checklist



If you're unsure whether you or your loved one needs physical rehabilitation or sub-acute care, use this checklist to help guide your decision.

1. CURRENT HEALTH STATUS

- ✦ Complex medical needs requiring ongoing monitoring (e.g., IV therapy, wound care).
- ✦ Medically stable but needs therapy to regain function.
- ✦ Recovering from an acute medical episode needing assistance with daily activities.

2. FUNCTIONAL ABILITIES

- ✦ Difficulty moving independently (e.g., walking, transferring).
- ✦ Impairment in self-care tasks (e.g., bathing, dressing).
- ✦ Need to regain strength, balance, or coordination.
- ✦ Motivated to work towards mobility goals.

3. COGNITIVE AND COMMUNICATION CHALLENGES

- ✦ Issues with memory, problem-solving, or communication.
- ✦ Mood or behavior changes affecting therapy participation.
- ✦ Need for specialised cognitive rehabilitation or speech therapy.

4. THERAPY AND REHABILITATION GOALS

- ✦ Goal to return to home, work, or community activities.
- ✦ Focus on improving physical, cognitive, or communication skills.
- ✦ Potential to make functional gains with intensive therapy.

5. SOCIAL AND SUPPORT NEEDS

- ✦ Family or caregivers available for post-discharge support.
- ✦ Need for education and training to support self-management.
- ✦ Need for coordinated care and safe transition planning.

✦ **Still unsure?** Speak to a healthcare professional to discuss your specific situation. **Contact Us for Guidance.**

