

# Building Confidence for Recovery



Natividad Acute Rehabilitation Center offers the highest quality and most comprehensive level of rehabilitation health care for patients in our community — aiming to promote independence, and lessen dependence on families and social care.



## Who We Serve: Criteria for Admission

We serve adult patients who are medically stable and need intensive therapy following a disabling illness, injury or surgery. They should meet the following criteria:

- Has a condition that requires treatment by multiple therapy disciplines (minimum of two)
- Able to participate in a minimum of three hours of therapy a day, five days a week
- Requires close monitoring by a rehabilitation physician in a hospital setting

## Courage & Care

Patients referred to our center may have disabling conditions or injuries, such as:

- Stroke
- Traumatic or non-traumatic spinal injury
- Neuropathy or myopathy
- Multiple trauma
- Hip fractures and replacements
- Amputation
- Polyarthrititis
- Degenerative and progressive neurological disorders such as: multiple sclerosis, Parkinson's disease and Guillain-Barré syndrome

**Patients are referred to our Acute Rehabilitation Center by their health care team, family member or physician.**

## Top Rated & Recognized for Excellent Care



The only hospital in the area to be accredited by the Commission on Accreditation of Rehabilitation Facilities International (CARF) for Inpatient Rehabilitation Programs for Hospital: Stroke Specialty Programs (Adults).



Ranked in the top 10% of rehab facilities for the past three years in Program Evaluation Model (PEM) scoring in the nation, out of about 900 rehab units across the country.



Ranked first in quality and outcomes for Kindred Healthcare's Acute Rehab Centers. 88% of patients transition back home after treatment at Natividad's Acute Rehabilitation Center.

## Your Rehabilitation Journey: How it Works

Before you arrive, our team will have reviewed your relevant medical records. On day one, we'll let you get settled in your room, then our team will do a comprehensive assessment of where you are now, develop goals for your stay with us, and a plan to achieve your goals. Depending on your situation, you might have goals such as:

- Improved balance and coordination
- Correcting swallowing problems
- Ability to move in bed or from one place to another
- Walking
- Ability to perform activities of daily living such as eating, grooming, dressing, bathing and homemaking
- Addressing cognitive/perceptual deficits or speech/language problems, in conjunction with physical limitations

## Services

Depending on your agreed goals, your plan will include at least two of the following of the following services, built into a program spanning a minimum of three hours of therapy a day, five days a week. Your progress will be re-evaluated at regular intervals during your stay with us and your plan and/or goals will be adjusted based on your progress.



### Physical Therapy

- Functional mobility: gait, stairs, balance, transfers
- Modalities to treat pain and skin breakdown
- Neuro re-education



### Occupational Therapy

- Teach activities such as eating, grooming, bathing and dressing
- Community re-entry
- Visual spatial assessments
- Cognitive assessments
- Splinting
- Neuro re-education



### Speech & Cognitive Therapy

- Aphasia
- Cognitive deficits
- Dysphagia (swallowing disorders)
- Dysarthria (difficulty pronouncing words)
- Memory deficits and judgment impairment



## What to Bring

Your comfort is important to your recovery and we want you to feel as comfortable as possible during your time with us. Typical stays are 14 days long, so pack accordingly. All items will be disinfected before entry.

- Sturdy shoes with low heels and rubber soles (example: sneakers)
- Eyeglasses/contact lenses and cleaners/sunglasses
- Hearing aid(s) and batteries
- Comb and brush
- Dentures and denture cream
- Toiletries and makeup (new, in packaging)
- Pictures of family/friends (if desired)
- Reading materials
- Mobile phone or tablet



**Free Natividad guest  
Wi-Fi access is available**

## Who We Are

Our multidisciplinary team includes medical professionals specially trained in acute rehabilitation:

- Registered Nurses
- Psychiatrists
- Hospitalists
- Psychiatrists
- Physical Therapists
- Occupational Therapists
- Speech/Language Pathologists
- Therapy Activity Coordinator
- Registered Dietitian
- Social Workers

**Family members are considered an important part of the care team and are encouraged to participate in ongoing family education.**

## Core Staff

**Anthony Galicia, MD**  
Medical Director

**Sound Physician Group**  
Acute Rehabilitation Center Hospitalists

**Michelle Toderick**  
Acute Rehab Program Director  
(831) 772-7477

**Rose Herrera**  
Nurse Supervisor  
(831) 772-7476

**Sudha Shorian**  
Clinical Coordinator  
(831) 772-7468

**Jo Ellen Clark**  
Social Worker  
(831) 772-7464

**Timothy Lambert**  
Admissions Coordinator  
(831) 772-7462

**Medical Unit Secretary**  
(831) 755-5570



## What to Expect After Admission

Your doctor will see you daily but may not see you when you first get here. By the second day, they will see you to complete a history and physical. Doctors are available 24 hours a day, seven days a week. If your family member wants to discuss things with your doctor, please contact us.

Your therapy begins the second day of your stay, or may start Monday if it is a weekend. Patients are given their therapy schedule in the morning for that day. We also have a therapy board located at the nursing station that includes therapy times for all patients. Included in your therapies are daily or weekly therapeutic activities. The activity coordinator will meet with you to ask what type of leisure activities you like.

You will receive a wheelchair upon your arrival and any assistive devices (walkers, canes, etc.) after your evaluation. This equipment is the property of Natividad. Your take-home equipment is ordered before you leave.

## Dining Program

You are required to participate in our dining program as part of your rehabilitation. Mealtimes are 8:00 am, noon and 5:00 pm.

## Finances, Discharge & Returning Home

A social worker is assigned to patients within 48 to 72 hours of admission. They will meet with you and review any financial questions you may have. Your social worker aids in a comprehensive discharge plan for continued rehabilitation, home care or outpatient options, including recommendations for setting up your home and specialized equipment. Your plan also includes pre-scheduled appointments with your primary care physician and specialists.

## Prevent Falls

Please check with staff before family assists you with your personal needs. Family members must be cleared by therapy before helping you with anything, including walking, standing, going to the bathroom, eating, repositioning, etc.



## Prospective Patient?

If you need acute rehab after your hospital stay, notify your hospital case manager or call (831) 240-1499.

## Referring Professional?

If you are a referral source, call (831) 240-1499 or submit a referral through [extendedcare.com](http://extendedcare.com) or [navihealth.com](http://navihealth.com) or fax to (888) 206-4623.

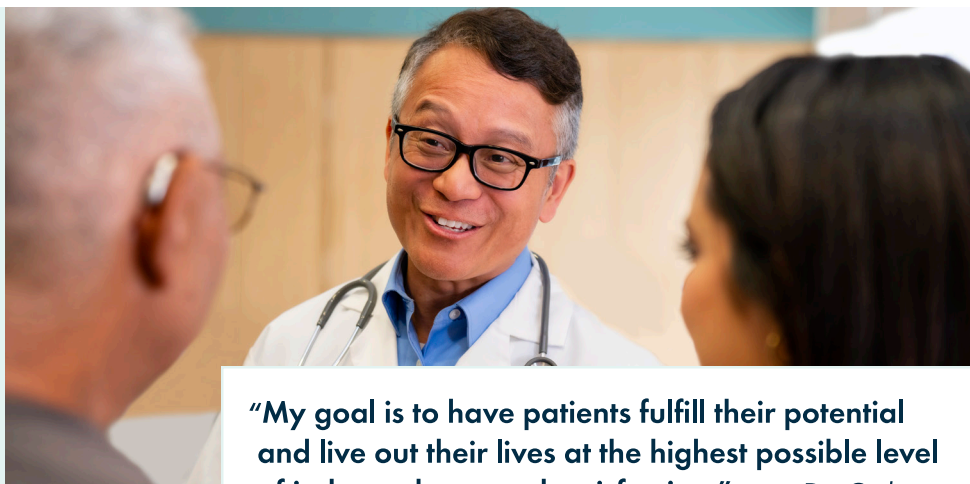
## Your Opinion Counts

We strive for excellence. We would be honored if you would share your experience at Natividad Acute Rehabilitation Center. After your discharge, you may be randomly selected to give us feedback regarding your stay by answering a few questions in a telephone survey. We value the opinions and suggestions you share with us. This is an opportunity to give us important insight that will help us improve our services.

## COVID-19 Safety

During the COVID-19 pandemic, Natividad is taking precautions to prevent the spread of the disease. This includes a modified visitor policy. Details can be found on our website or by calling (831) 755-5570.

Our staff can connect patients with families through video meetings. A hospital-issued smart device can be used if a patient does not have one. Staff facilitates family education one to two days before patient discharge. This will take place on-site or through a video meeting.



**"My goal is to have patients fulfill their potential and live out their lives at the highest possible level of independence and satisfaction."** — Dr. Galicia

## Meet Dr. Anthony Galicia

### Natividad Acute Rehabilitation Center Medical Director

Diplomate, American Board of Physical Medicine and Rehabilitation

Dr. Galicia has served as Medical Director of Natividad Acute Rehabilitation Center since 2003. Each morning, he leads our interdisciplinary team of Therapists, Nurses, Social Worker and Admission Coordinators in daily rounds for all current and pending patients.

As Medical Director, Dr. Galicia plays a key role in assuring that patient care meets Medicare standards and setting the tone of excellence for the unit. His daily rounds ensure that every team member is up to speed on the status of each patient and that our care, as a team, is constantly moving forward toward optimal rehabilitation.

Dr. Galicia is a graduate of the University of California at Davis and the Chicago Medical School. He completed his residency training in Physical Medicine at Stanford and is a board-certified Physiatrist with more than 20 years of experience in the following hospital and clinic settings, including:

- Acute Rehabilitation Unit Medical Director
- Medical Director Board for Kindred Rehabilitation Services
- Occupational Medicine/Physical Medicine and Rehabilitation Clinics
- Pain Medicine
- Electrodiagnostics

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[natividad.com/acuterehab](http://natividad.com/acuterehab)

