

Rehabilitation

After a serious illness, injury, or surgery, many people enter a rehabilitation phase. Family caregivers play a key role in this process and can greatly influence how recovery goes.



Motivate and Support

Rehabilitation can be an **emotional journey** for patients, filled with setbacks and progress. Support your loved one by being their cheerleader - encourage them and let them know you believe in them. Your **positive reinforcement** can be a **powerful motivator** for recovery and boost their mental well-being.

Assist with Activities of Daily Living (ADL)

Rehabilitation continues **after discharge**, and your loved one may feel frustrated if they can't resume their usual activities. Remind them their primary focus should be on **following their therapy plan**. Support them with daily activities as needed, including helping them stay on track with their **medication schedule**.

Therapy Plans

Consistency is key to rehabilitation, so it's crucial to have a plan. You can find a **plan template** from healthcare providers, websites like the Mayo Clinic or WebMD, hospitals, online health forums, and nonprofit organizations.

Advocate for Your Loved One

Advocate for your loved one by being the bridge between them and their healthcare team. Help them **understand** and **follow** the treatment plan, manage scheduling follow-up appointments, and address insurance matters so they can **focus on their recovery**.

Innovative Rehabilitation Techniques

Innovative therapies are transforming rehabilitation:

- **Virtual Reality Therapy:** Immersive exercises to improve mobility and engagement in recovery.
- **Robotic-Assisted Therapy:** Supports recovery with guided, precise movements. Beneficial for stroke and spinal injury patients.
- **Aquatic Therapy:** Leverages water resistance to boost strength and flexibility.
- **Tele-Rehabilitation:** Increases access to care through remote therapy sessions.