

Preparing For Your Stay



Welcome to the Alta Bates Summit

Regional Rehabilitation Services Acute Rehabilitation Program. During your stay, we want you to relax and feel at home, so we do everything we can to make you comfortable. Our first effort will be to get you to your room so that you can settle in and we can begin your rehabilitation care.

Before you arrive, please make note of the information in this brochure. Understanding our policies and procedures as well as your responsibilities as an inpatient will ensure a positive rehabilitation experience.

What to Bring

Clothing and Personal Items

Patients on the rehab unit wear their own clothes and use their own personal items. Please bring:

- Three sets of loose, comfortable clothes that are easy to get into and remove
- One pair of comfortable walking shoes
- Personal items such as toiletries, glasses, dentures, and hearing aids

Please be sure to label all of your belongings

Because the hospital uses special electrical equipment, personal electrical devices are prohibited in patient rooms. This includes your personal television, radio, electric blanket, fan, curling iron, hair dryer, electric razor, or computer. We will supply you with hair dryers and electric razors if you need them.

Valuables

You will need only the essential items noted above. The hospital is not responsible for money or personal belongings, so please leave at home your credit cards, jewelry, and all but a few dollars.

Insurance Cards

On the day of admission, please bring all of your health insurance identification cards. This includes any hospital or medical insurance you have, or insurance that covers you through a spouse, parent, guardian, or Medicare/Medi-Cal.

Medications

Please check medications from home with your nurse.

Personal Favorites

You may want to bring a few favorite objects from home. A robe, photograph, or other special item can be comforting during your stay.

Getting Here

The program is located on the 5th floor of the Herrick Campus, 2001 Dwight Way, between Shattuck Ave. and Milvia Street in downtown Berkeley. Take elevator C to the 5th floor, and then make two rights to the nursing station.

We provide validated parking on the day you arrive. If you are being driven here, enter the circular drive on Dwight Way and the attendant will direct you to the curbside drop-off area. A rehab nurse will bring a wheelchair and assist you and your companions to the unit.

Our main parking lot is on Milvia between Blake Street and Dwight Way. Parking is free on weekends. Metered street parking is also available.

Visitor Information

Visiting hours are from 11 a.m. to 8 p.m. We do accommodate changes to these hours because we encourage family members to observe and participate in therapy sessions. For friends, the best time to visit is Monday through Saturday between 4 p.m. and 8 p.m. and all day Sunday.

Telephones

Family and friends can dial your room directly or reach you via the hospital operator at (510) 204-4444. Callers may phone the rehabilitation nurses station at (510) 204-4404 for updates on your status.

Discharge

Your rehab physician and social worker will keep you informed regarding your expected discharge date and plan, which may include continued therapy either in your home or an outpatient program. We will also provide you and your family or caregiver with a **Discharge Information Packet**. This packet includes instruction in safety, home therapy programs, medication usage, skin care, community resources, and other information. We look forward to working with you to regain your functional abilities and your independence.

More Information

For more information call (510) 204-4406 ext. 3