

Your choice for inpatient rehabilitation



Legacy Health

Legacy Rehabilitation Institute of Oregon



After injury or illness, providers and their patients and families often face decisions about where to receive care for rehabilitation.

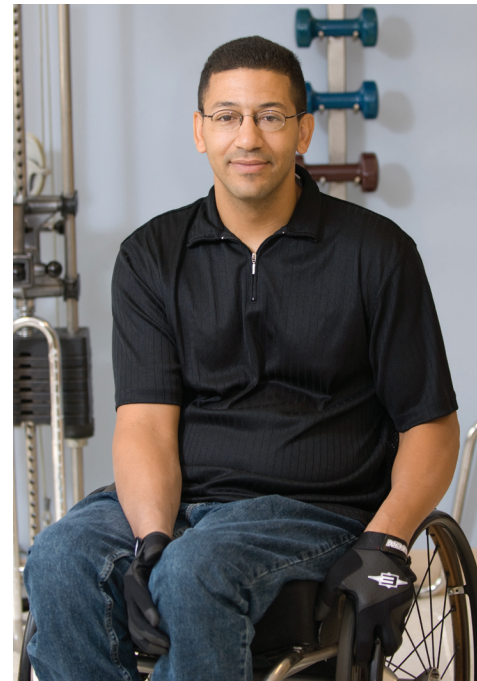
We believe that the Legacy Rehabilitation Institute of Oregon (RIO) is your best choice for an acute inpatient rehabilitation program that will help you return to daily activities. Of the more than 500 patients we see a year, about 95 percent successfully return to live in the community, a higher percentage than most centers in the country.

Helping you return to your daily activities

About RIO

Legacy Rehabilitation Institute of Oregon (RIO) is an inpatient program located at Legacy Good Samaritan Medical Center that offers complete services for adult patients who need complex rehabilitation care. We have been helping patients since 1948.

Our goal is to help patients return to living in the community, either independently or with assistance.



RIO treats a variety of patients, including those with:

- Spinal cord injury
- Brain injury
- Stroke
- Multiple trauma
- Multiple sclerosis
- Burn injuries
- Amputation

Your care

Our doctors, called **physiatrists**, are board-certified and specialize in rehabilitation medicine. They create a treatment plan for each patient. In turn, the patient works with the care team toward personal goals and needs. And, we welcome and ask family members to be involved in any way possible.

My experience at RIO was life changing. I was given the opportunity to learn the skills, techniques and concepts necessary to live a full, productive and meaningful life.

— RIO patient

The care team

- **Nurses** offer round-the-clock care for patients. The majority of the RIO nurses are certified in rehabilitation services.
- **Physical therapists** (PT) work with you on mobility, wheelchairs, fall prevention, motion, flexibility and more.
- **Occupational therapists** (OT) help you become as independent as possible in daily living — bathing, dressing, eating and more.
- **Speech therapists** (ST) work with patients on speaking, writing, reading and understanding what you hear. They also address issues with attention, memory, problem solving and swallowing.
- **Neuropsychologists** are on site to help patients and their families understand and cope with changes in thinking and emotions relating to injury and illness.
- **Recreational therapists** (RT) look at your interests and hobbies and work with you to make any changes needed to continue those activities.

Other services

- **Horticultural therapy** involves a trained professional using plants and gardens to teach adaptive gardening strategies.
- **Case managers** help plan your discharge from the hospital and find community resources.
- **Wheelchair seating clinic** for patients who have complex seating needs. Only two such clinics exist in the Portland-Vancouver area.

- **Outpatient physical, occupational and speech therapy** are available to patients after they leave RIO at all Legacy medical centers.
- **Immediate access to all services** at Legacy Good Samaritan, a medical center of national acclaim.

Superior specialty care

RIO offers benefits for many patients, such as:

- RIO returns more patients into the community than the national average of rehabilitation centers. RIO's average is 95 percent; the national average is 76 percent.
- RIO patients rank higher in their function and their ability to remain independent than the national average of rehabilitation centers.
- Research shows that patients in acute rehabilitation programs receive between 29 and 67 more hours of therapy when compared to skilled nursing facilities or home health/outpatient therapy.
- RIO follows a process in which patients are supervised by a doctor 24 hours a day. The doctors coordinate the care of each patient with specialists from many fields; this approach helps to reduce a patient's time in the hospital.
- Therapists and medical staff are in daily contact with each other and all work closely together to help each patient achieve their specific goals.



RIO taught me to focus on the possibilities instead of my limitations and gave me the confidence that I can do anything.

— RIO patient

To be admitted

To be admitted to RIO, patients must:

- Require complex medical care from psychiatry and rehabilitation nursing 24 hours a day
- Need a complete medical team with experts in two or more therapies
- Be able to tolerate at least three hours of therapy a day
- Expect to return to living in the community

To begin the admission process

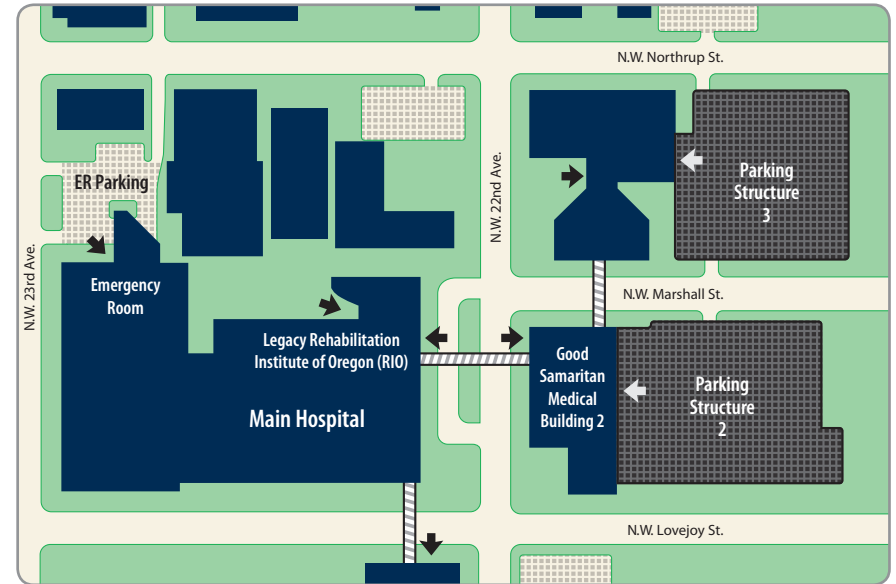
- Have your doctor call **503-413-6931** or **800-621-6446**.
- We do all pre-admission assessments at no cost to you or your doctor.
- Our staff will work with your doctor's office, your insurance or other payer.



Learn more

Call 503-413-6931 to schedule a tour of RIO.

Visit www.legacyhealth.org/rio for more information and to watch a video.



Our legacy is yours.

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