

## *Who we are*

We are a multi-disciplinary team of Registered Nurses, Licensed Practical Nurses, Licensed Nursing Assistants (LNAs), a



licensed Nursing Unit, Masters prepared Speech Language Pathologist, Occupational and Physical Therapists, Social Workers, a Chaplain and a variety of other certified clinical staff. Working with you, your physician and your family we design a plan of care to meet your healthcare needs—both here at Helen Porter and at home.

## *What we do*

The goal of the Post Acute Unit at Helen Porter Healthcare and Rehabilitation Center is to provide supportive, goal-directed care to you during your stay following surgery and/or hospitalization.

Specially-designed treatment programs provide you with the preparation, support and education that enables you to return home as quickly as possible. Our goal is to help you to reach your highest possible level of independence.

A partial list of conditions we work with includes:

- Strokes
- Neurological conditions
- Orthopedic care
- Respiratory conditions
- Cardiac and Post-Trauma situations

Routine Therapy services are provided Monday through Friday. We also have the capability of providing therapy six days a week if that is what is required to maximize positive results for you. Nursing staff provide the necessary extension of your therapies when therapy staff are not present to provide direct service. This may include walking, exercises and supervision of other activities set up by the therapy staff.

## *What to expect from us*

In addition to having all the services you require being coordinated and provided under one roof, HPHRC offers semi-private rooms with television and telephone, access to daily newspapers and e-mail. A buffet breakfast is available six mornings a week.

You may notice some differences between a stay at HPHRC and a stay in a hospital.



Many aspects of regular care, along with other services, may be provided by LPNs and



LNAs, as well as by RNs. All of our nursing staff have received additional training from Physical, Occupational and Speech Therapy staff. Ratios of nursing staff to you are different from the hospital.

Physicians see their patients prior to or on day 15 of a stay at HPHRC, on or before day 30 (if a stay of that length is required), or just prior to discharge. If it is necessary for a physician to see a patient at other than those times, he or she will do so.

To help meet your need for recreational programming, professional staff provide varied programming in a large, well-equipped activity room. If you have special interests, individual programs can be arranged, as can group pursuits in sports, games, arts and crafts, nature walks, gardening and music. All residents have access to outdoor recreation in a secure courtyard. Dedicated community volunteers help to provide meaningful leisure time activities and add a special touch to resident care at HPHRC.



### *When it's time to go home*

From the day you arrive, we will work with you, your physician and your family to develop a discharge plan. This plan may include a home visit to evaluate safety and care needs, and determine any equipment or community services you will require.

### *Call or come by to learn more about us*

HPHRC is an attractive, secure residence where loved ones are assured of skilled nursing care and assistance with daily living. Our 105-bed facility is nestled in the farmlands of Middlebury, and is licensed by the state of Vermont and certified by Medicare and Medicaid.



Helen Porter Healthcare  
and Rehabilitation Center  
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802 388-4001  
[www.portermedical.org](http://www.portermedical.org)



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**Post Acute Care Unit**