Choosing a Rehabilitation Setting

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Acute Rehab or Skilled Nursing Facility (SNF) Rehab?

Understanding the differences can help you participate in the conversation about your next step. Your medical needs, ability to participate in therapy, rehabilitation goals, safety, availability and insurance requirements may all affect which setting is appropriate.

	ACUTE REHAB (Inpatient Rehabilitation)	SKILLED NURSING FACILITY (SNF) REHAB
BEST SUITED FOR	People who need intensive rehabilitation and can actively participate in therapy. They are usually able to tolerate more therapy each day.	People who need continued skilled care and rehabilitation but do not need the intensity of an inpatient rehabilitation program.
THERAPY INTENSITY	Intensive therapy from multiple disciplines. Often about 3 hours per day, 5 days per week (may vary based on individual plan of care).	Therapy is based on your individual needs, goals and ability to participate. Generally less intense than inpatient rehabilitation.
MEDICAL & NURSING SUPPORT	24/7 nursing care and oversight by a rehabilitation physician and team. Designed for close monitoring during recovery.	24/7 nursing care with a physician or nurse practitioner following your care plan. Support for medical needs while you recover.
COMMON REHABILITATION SERVICES	Physical therapy (PT), occupational therapy (OT), speech-language therapy, and other therapies as needed.	Physical therapy (PT), occupational therapy (OT), speech-language therapy, and other skilled services as needed.
PRIMARY GOAL	Help you regain as much function and independence as possible so you can return safely to the next level of care.	Continue your recovery, build strength and skills, and help you safely return home or to the next appropriate level of care.

One isn't "better" than the other.

The right setting depends on your medical needs, ability to participate in therapy, rehabilitation goals, safety, and coverage requirements.

Questions to Ask

1. Why are you recommending this level of rehabilitation for me?
2. What will I need to accomplish before I can safely go home?
3. What does my insurance require or authorize?

MEDICARE COVERAGE VARIES. Original Medicare has specific eligibility requirements for inpatient rehabilitation and Skilled Nursing Facility (SNF) care. Medicare Advantage and other health plans may have different authorization and coverage requirements. **Always verify your individual benefits.**

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