

Marianjoy Rehabilitation Hospital

# Pediatric Rehabilitation Program Services

## Fiscal Year 2026

The Pediatrics Program at Northwestern Medicine Marianjoy Rehabilitation Hospital provides comprehensive rehabilitation care to children with conditions that affect their ability to participate in activities.

### Our program aims to:

- › Restore health.
- › Decrease the effects of an injury.
- › Reduce activity limitations.
- › Improve patients' abilities.
- › Help patients, their family and caregivers learn how to meet daily needs.
- › Support patients in their return to their community.

We help patients maximize their physical, social, cognitive (thinking) and communication abilities. Daily medical management is a key part of the program. It helps address existing health problems and prevent complications.

The average age of patients treated in the Pediatric Program is 11 years. The average length of stay is 17 days.

### Program costs

Our staff talks with each potential patient about fees, costs and paying for our services. Payer sources may include Medicare, Medicaid and private insurance plans.

### Where we provide care

Our program has 4 to 6 inpatient beds in a secure area on the 3 West Unit.

### When we provide care

Our nurses provide care all day, every day. Your child will get therapy services customized to meet their unique needs for at least 15 hours per week. Therapy is typically provided during daytime hours on weekdays. Therapy schedules are closely monitored and adjusted.

If needed, your child may receive therapy on weekends to promote progress toward their goals. This may include:

- › Physical therapy
- › Occupational therapy
- › Speech therapy

One of our physicians will be on call all the time, and a resident physician will be on-site 24/7.

We offer psychology services and spiritual care to all patients. These services are available during normal business hours.

## Admission

Marianjoy Rehabilitation Hospital will admit and assign patients to the appropriate clinical program based on their diagnoses and medical needs.

We provide services to patients who can participate in and benefit from treatment, regardless of race, creed, color, sex, age, religion, disability, marital status, military status, sexual orientation, national origin or any other basis protected by law.

We offer interpreter services and educational materials in many languages. We will work with patients to determine how we can best accommodate their cultural needs.

### Admission criteria

This program is only for people under 18.

**We will only admit people who have conditions such as:**

- › Stroke
- › Non-traumatic brain injury
- › Traumatic brain injury
- › Cerebral palsy
- › Cancer
- › Neurological conditions
- › Non-traumatic spinal cord dysfunction
- › Orthopaedic conditions
- › Traumatic spinal cord injury
- › Pulmonary conditions
- › Congenital conditions
- › Developmental disability

Acute (short-term) inpatient rehabilitation must be a medical necessity. This type of medical need is outlined below.

**All of the following must apply to your child:**

- › They need close medical management that requires a physician and nurse to be available for 24 hours a day in a hospital setting.
- › They can participate in and benefit from three hours of therapy at least 5 days per week.
- › They need a coordinated multidisciplinary team approach for their care.
- › They have realistic rehabilitation goals and can benefit significantly from therapy.

**In addition, your child must meet these other criteria:**

- › Their condition is medically stable, but still needs close medical management. If needed, the program medical director can review your child's case and situation to help determine if inpatient rehabilitation is appropriate.
- › They do not have any limitations that keep them from participating appropriately in an intense level of rehabilitation.
- › Their psychological and behavioral status is stable enough for them to:
  - Fully participate in therapy.
  - Be safe with the supervision this program provides.

# Our services

## Education

We will set up education appointments for you and your child during their stay. This will help your child and their family and caregivers (support system):

- › Experience everyday activities and movement.
- › Learn about their rehabilitation plan and goals.

Each patient has a patient and family education program binder that you and the care team will use. The care team will review educational material and instructions with you and your child, and then put it in the binder.

Our caregiver support group is open to your support system members.

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## Direct services

### Marianjoy employees provide these services:

- › Case management and social work
- › Laboratory services
- › Assistive technology
- › Nursing
- › Nutrition services
- › Occupational therapy
- › Pharmacy
- › Physical therapy
- › Psychology
- › Radiology (X-ray and CT)
- › Respiratory therapy
- › Speech therapy
- › Spiritual care
- › Swallowing Center at Marianjoy
- › Tellabs Center for Neurorehabilitation and Neuroplasticity
- › Physical medicine and rehabilitation (physiatry)
- › Wheelchair and Positioning Center at Marianjoy
- › Wound care

### Services provided by Marianjoy contractors

- › Hemodialysis
- › Peripherally inserted central catheter (PICC) services

### Specialty physician services

These specialty services are available with a referral.

### Consulting physicians provide these services:

- › Cardiology
- › Hospitalist care
- › Infectious disease care
- › Nephrology
- › Optometry
- › Orthotics and prosthetics
- › Podiatry
- › Psychiatry
- › Pulmonary medicine
- › Radiology

# Program team

## Attending physician

- › Leads your child's care team
- › Manages your child's care
- › Writes orders (prescriptions) for services such as:
  - Therapies
  - Medication
  - Family training
  - Special procedures

## Resident physician (physician in training)

- › Manages medical care under the attending physician's supervision
- › Available on-site 24/7

## Nurse

- › Assesses and treats your child
- › Helps your child and their loved ones learn about:
  - Medication
  - Pain
  - Skin care
  - Care planning
  - Bowel and bladder function
  - Safety and staying healthy
- › Encourages your child to use skills they learned in therapy

## Case manager

- › Coordinates your child's care
- › Helps the team communicate with your family
- › Creates a discharge (leaving) plan, including referrals and information on equipment and community resources
- › Communicates with school as appropriate and assists with return to school

## Physical therapist

- › Helps your child improve their functional mobility skills related to:
  - Bed mobility
  - Transfers
  - Stairs
  - Walking
  - Balance
  - Pain management
  - Endurance
  - Strength
- › Provides updates on skills that the child has learned and is actively working to improve

## Occupational therapist

- › Helps your child perform everyday activities, such as:
  - Dressing
  - Bathing
  - Toileting
  - Bathroom transfers
- › Recommends equipment to help with every day care needs
- › Provides updates on skills that the child has learned and is actively working to improve

## Speech therapist

- › Assesses and treats communication, cognitive-communication and swallowing disorders
  - Offers education and counseling for patients and families regarding these disorders
  - Recommends food and liquid consistencies for safe and efficient eating

## Psychologist

- › Assesses emotional and cognitive functioning
- › Provides treatment as needed
- › Addresses concerns around your child's adjustment to their situation
- › Offers referral information for counseling for drug or alcohol use disorders, if needed

## Hospital chaplain (non-denominational spiritual care)

- › Supports your child's well-being and that of your family
- › Provides well-being services

## Child life specialist

- › Assesses the child's current coping skills
- › Engages in developmentally appropriate play, including medically based play
- › Supports the child during procedures within the facility and therapy activities
- › Prepares the child for outside appointments specific to their diagnosis
- › Provides education to families and caregivers on communication strategies
- › Teaches play techniques to help the child cooperate during medical procedures

## Referrals

We accept referrals from many different sources, including:

- › Social workers or discharge planners
- › Physicians
- › Community health agencies
- › Independent healthcare facilities and agencies
- › Residential living facilities
- › Vocational guidance centers
- › Insurance representatives, such as health management organization (HMO) representatives
- › Patients, their families and loved ones

## Discharge plan

**When we discharge patients from the program, they often go to:**

- › Home (with or without additional services)
- › Extended care
- › Assisted living facility
- › Subacute or skilled nursing facility
- › Acute care hospital
- › Long-term acute care hospital

### Discharge criteria

Your child must meet our program requirements and make meaningful improvements to stay in our program. If your child does not need daily hospital medical management, we will help plan a transfer to another level of care, such as outpatient rehabilitation.

**We consider patients to be ready for discharge when they do 1 or more of the following.**

#### **The patient:**

- › Has met their goals
- › Needs a different level of care because their status changed
- › Is not making progress toward their goals
- › Behaves in ways that keep them from fully participating in therapy
- › Needs acute care in a hospital
- › Asks for discharge or transfer to another care facility (Their family may also ask for this.)

Your child's discharge plan will include their goals (and the goals of their support system) so they can go home or to another place as they are able.