

# WHAT TO PACK FOR YOUR SHORT-TERM REHAB STAY: A COMPLETE CHECKLIST



As you get ready for your short-term rehab stay, it's helpful to know what to bring to make your time as comfortable and stress-free as possible. Each day, you'll be up and moving for therapy, so having the right clothing and personal essentials will help you feel more at ease and ready to focus on your recovery. To help you prepare, here's a checklist of items you'll want to pack for your stay:



## Clothing Suggestions

Since you'll be actively participating in therapy, pack comfortable, loose-fitting clothes that allow for movement. Here's what you'll need:

- Soft-soled or athletic shoes with nonskid soles. Backless shoes are not allowed for safety reasons.
- Comfortable athletic wear like T-shirts, sweatpants, or stretch pants.
- Shorts if you've had leg surgery, to help therapists access your surgical site.
- Typical clothing from home (like button-up shirts) so you can practice daily activities like getting dressed.
- Underwear, socks, pajamas, a robe, and slippers with tread or traction for your comfort and safety.

## Toiletries

While some centers provide basic hygiene items, you may wish to bring your own:

- Personal hygiene products (toothbrush, toothpaste, shampoo, etc.)
- Hairbrush or comb and other hair care products
- Makeup, if desired
- Denture adhesive and cleaner, if needed

## Other Essential Items

To make sure you're prepared for all aspects of your rehab, bring the following items:

- Medical information, such as the name and phone number of your primary care physician (PCP), a list of current medications, and your prescription plan ID
- Dentures, hearing aids, and/or glasses
- Splints, braces, orthotics, or any customized equipment like a wheelchair
- Assistive devices (cane, walker, etc.)
- Your Health Care Proxy and a MOLST form for advanced directives, if you have one

## Optional Items to Consider Bringing

Your downtime is important for relaxation and mental well-being. These items can help you pass the time:

- Books, magazines, puzzles, or cards
- A small amount of cash (less than \$5) for small purchases
- A notepad and pen to jot down notes or important details
- A laptop or tablet to take advantage of the facility's free Wi-Fi



### What NOT to Bring

- Perfumes, colognes, or scented lotions, due to potential allergies of staff and other patients
- Valuables like jewelry or large sums of money
- Medications, as the facility will manage these for you
- Smoking materials, as most facilities are smoke-free environments

By packing thoughtfully, you'll be well-prepared for a successful rehab stay. Comfort and convenience are key, so be sure to review this list and adjust based on your personal needs.



## Medicare Coverage: Skilled Nursing Facility Rehabilitation

Medicare Part A (Hospital Insurance) provides coverage for medically necessary short-term rehabilitation stays in a Skilled Nursing Facility (SNF). To qualify, you must have a hospital stay of at least three days (counting inpatient days, not observation status), and your doctor must certify that you require skilled care, such as physical, occupational, or speech therapy, under medical supervision.

### What Medicare Covers:

- Skilled nursing care
- Rehabilitation services (e.g., physical, occupational, speech therapy)
- A semi-private room
- Meals and dietary counseling
- Medications administered during stay
- Medical supplies and equipment
- Social services and other medically necessary services

### What Medicare Doesn't Cover:

- Long-term care or custodial care beyond skilled services
- Private duty nursing
- A private room (unless medically necessary)
- Personal items (e.g., toothpaste, shampoo, socks, razors)
- Phone, television, or internet access charges (if billed separately)

### Additional Notes:

- Medicare Part B covers doctors' services you receive while in the SNF.
- Medicare Part A fully covers the first 20 days of a skilled nursing stay. Days 21-100 require a copayment, and coverage ends after 100 days in a benefit period.

Visit [www.Medicare.gov](http://www.Medicare.gov) for more information.

Distributed by Mary Ann Morse Healthcare Center, 45 Union Street, Natick, MA 01760  
508-433-4400 | [maryannmorse.org](http://maryannmorse.org)

Nonprofit Mary Ann Morse Healthcare Corp. is dedicated to delivering quality, affordable senior living and healthcare services in the MetroWest area - and has been for over three decades. Our mission is to support aging adults and their families by providing a comprehensive continuum of senior living, healthcare, and home care options. Our services encompass assisted living at **Mary Ann Morse at Heritage**, short-term inpatient & outpatient rehab as well as long-term care at **Mary Ann Morse Healthcare Center**, and Medicare-certified home health services and private pay personal care by **Mary Ann Morse Home Care**. We are deeply committed to helping seniors live their best lives and embrace healthy aging, no matter where they are on life's journey. [www.maryannmorse.org](http://www.maryannmorse.org)