

# Therapy Across the Continuum: The Hospital Setting



**IPRC**  
International  
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When infants, children or teenagers are hospitalized, therapy may be provided to help them make a safe and successful return to their home, school, and community. While in the hospital, they may be cared for in different areas of the hospital (departments) depending on their age or how sick/injured they are. Every hospital is organized differently and may use different names to identify each department.

## **Hospital (Inpatient) Therapy Explained.**

### **What is hospital-based therapy? Who is Appropriate?**

Infants, children, or teenagers who have been hospitalized due to premature birth, illness, or injury who are referred to therapy by their hospital doctor will receive a therapy evaluation. The therapist will determine if therapy is appropriate and set up specific goals. Services may include Physical Therapy, Occupational Therapy, Speech Therapy, Child Life, Recreational Therapy, Psychology Services, Respiratory Therapy, and others. The goal of all services is to provide support for healing, increase strength, ensure safety, and teach strategies to successfully return to home and community living.

### **When and where will services happen?**

Services will often take place at the bedside. If medically stable, a child may be taken to a therapy gym or playroom for therapy. Therapy will take place during daytime hours.

### **What is the family/caregiver's role in hospital-based therapy?**

Families/Caregivers will be asked questions about what their child likes and activities they enjoyed before coming to the hospital. Caregivers may be invited to participate in therapy and encouraged to practice exercises or activities during non-therapy times to promote recovery.

### **Why does this service exist?**

Hospitalizations interrupt normal life including play opportunities, peer interactions, and going to school. Therapy in the hospital setting helps keep infants, children, and teenagers on track and promote the activities they would normally be doing at home or at school if they were not in the hospital. Therapy also teaches families and caregivers how to help their loved ones learn or re-learn skills to help them be independent.

### **How is it funded?**

Medical insurance may pay for costs associated with being in the hospital – including therapy services. Families/caregivers may have an out-of-pocket deductible for the hospital stay.

## What if my child still needs therapy after discharge from the hospital?



Your child may be eligible for acute inpatient rehabilitation (intense inpatient), outpatient therapy, or therapy in the home.

## Know Your Options.

### **What is Acute Inpatient Rehabilitation Therapy?**

Some hospitals have a special unit for acute inpatient rehabilitation or your loved one may be transferred to a freestanding inpatient rehabilitation hospital. Infants, children, or teenagers receive multiple hours of therapy each day to prepare to return to home and school. They are cared for by a rehabilitation team that may include doctors, nurses, therapists, social workers, and others. This team works with families/caregivers to establish a plan of care including goals for therapy and how long a child will need to stay. Specific criteria must be met in order to be admitted and insurance coverage may vary based on each health plan. Families/caregivers may have an out-of-pocket deductible.

### **What is Outpatient Therapy?**

Outpatient therapy is typically provided in a clinic setting. Therapists and families/caregivers work together to create a plan of care with goals for therapy and how often it should occur. Outpatient therapy may be funded through health insurance and families may have a co-pay. Visit limits vary based on each health plan.

### **What is Home Care Therapy?**

Therapy services may be provided at home for those who require complex medical care or have a documented diagnosis that prevents them from accessing or receiving therapy in the community. The availability of and criteria to qualify for home care services may vary by program and insurance plan.