

**Physical Medicine &
Rehabilitation
Information Series**

**PATIENT & FAMILY GUIDE
Adolescent
Rehabilitation**

A Service of
Santa Clara Valley Medical Center



SANTA CLARA
VALLEY
MEDICAL CENTER

Adolescent Rehabilitation – What You Should Know

Mission

The mission of the Adolescent Rehabilitation Program is to meet your specialized needs as an adolescent. We will be working with you on your emotional and psychological health, your educational needs, your physical functioning, as well as getting you ready for home and your community.

Because you are under 18, the following policies have been developed to ensure your safety and well being. Some of these policies differ from those for patients over 18. It is expected that you and your parent or guardian read and understand the following rules. If you should have any questions please direct them to your social worker (408) 885-5500.



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Visiting Hours

A parent or supportive adult may stay overnight with you. If you have roommates, the roommates must be willing to have your parent or supportive adult spend the night. A recliner chair will be provided for your parent but they must make arrangements outside of the hospital for showers, etc. Only one of your parents may be in the room when you are receiving care.

For all other visitors

Sunday	10:30 AM - 8:00 PM
Monday through Thursday	12:00 PM - 1:00 PM 5:00 PM - 8:00 PM
Friday	12:00 PM - 1:00 PM 4:00 PM - 8:00 PM
Saturday	12:00 PM - 8:00 PM

Only two visitors will be allowed in your room at any one time. Any visitors who are disruptive to other patients or staff will be asked to leave.

When Friends Visit

When peers are visiting, the doors and the curtains must remain open.

No sex will be permitted on hospital grounds.

The ADL room and the VIP house can only be used when your parents or guardian are present.

Consequence for violating rules concerning visiting hours:
Restriction to the unit and close supervision.

Curfew

Sunday through Thursday 10:00 PM

Friday and Saturday 11:00 PM

You must be in your own room by curfew. If you are not yet ready for sleep, you may be involved in a quiet activity as long as it does not bother your roommates. Engaging in a quiet activity in one's room after curfew time is a privilege, and this activity can not interfere with your ability to participate in your scheduled therapies.

Consequence for violating curfew:

In room after curfew activities can be modified or revoked if they interfere with therapies or if you miss curfew times.

Television

You will be allowed to watch TV during non-therapy hours. You must respect the rights of your roommates with regards to volume, etc. Watching television can not interfere with your ability to participate in your therapies.

Consequence for violating television privileges:

Television privileges may be revoked if you do not respect the rights of others or it interferes with your therapies.



Traveling off the Unit

Upon admission you are restricted to the unit, Day Room, and patio on your unit. Once you are medically stable, your parents may take you off the unit for one hour, so long as they have been trained in how to assist you and it is not during therapy or treatment time. Also, you must sign out when you leave the unit and sign in when you return.

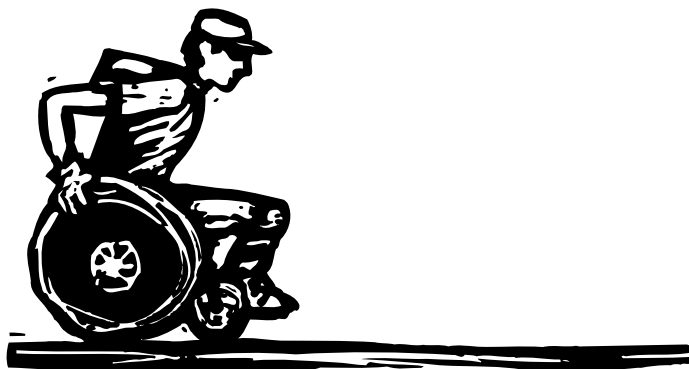
Independent Travel

Your doctor must write an order for you to be able to travel within the hospital without a chaperone. Your parents must agree to this with the doctor. You can be off the unit for one hour at a time. You must sign out when you leave and sign in when you return. You may not go to the Rehab lobby or Emergency Department smoking areas or outside of the hospital.

Consequence:

If you do not use the sign in/out procedure, if you stay off unit longer than one hour, or if you do not stay within the hospital designated areas your privileges may be revoked and security/police may be called.

Traveling outside of the hospital is only permitted with an approved chaperone.



Cafeteria Meal Pass

When you are first admitted your meals will be brought to your room or the Day Room. If the Rehabilitation team feels that getting your own meals from the cafeteria will benefit your rehab, the team will evaluate you for a meal pass. You will work with the Occupational Therapist to understand the rules of the program.

Education Programs

The Rehabilitation program offers education, peer support, and therapeutic outings that may be of an adult nature. Your parents will be provided with information regarding these activities and will determine if you may participate. Your parents will need to sign a consent form in order for you to participate in these programs.



No Smoking Policy

Smoking is not permitted inside the hospital or within 25 feet of the buildings or on the patios. You must have written consent from your parents to smoke. The sale of tobacco is not permitted in the hospital. Hospital staff may not provide smoking materials to patients or visitors.

Alcohol and Drug Policy

This is a drug free environment. You must read and sign the alcohol and drug policy/agreement.



For More Information

Santa Clara Valley Medical Center Adolescent Rehabilitation

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