

Preparing for your RIO stay

Dress

Each day, you will get up and dressed. Please bring casual clothes to last for five days. Also bring clothes for social and therapy outings, comfortable shoes, and a coat.

Laundry

Please have your clothes washed and brought back to you at the hospital. Most patients ask family to do this.

Toiletries

Please bring your own shampoo, deodorant, make-up and shaving supplies.

Valuables

Please leave cash, credit cards, jewelry and other valuables home. We can keep only small valuables in the hospital safe. We are not responsible for any valuables that are not in our safe.

You can bring cell phones and lap tops. Please know that we are not responsible if they are lost or stolen.

Admission day

You will meet your rehab team. You and your team will set your treatment goals.

Typical day

You will have at least three hours of one-to-one therapy five days a week.

Each day, we will give you a schedule. Your schedule will show therapy and appointment times. You will go to therapy most of the day, but will have rest breaks. Rest breaks are essential to your healing.

Family training and treatment sessions

We want your family and caregivers to come to as many treatment sessions as they can so they can help you after you leave RIO. Case managers and your treatment team will schedule formal family training sessions. There will be times when family and friends should not come to speech therapy or neuropsychology sessions so that you can concentrate better.

Visiting hours

Our visiting hours are flexible. We want family and friends to help with your rehabilitation. Depending on your schedule, friends and family may not always be able to visit. You may have more time for visitors late afternoon.. Your nurse can help you plan your visits. We ask you to end your visits by 8:30 p.m. Sunday is a shorter therapy day and great for visitors.

Parking

You can park for free in Parking Structure 2 and 3. Parking Structure 2 — Level H has accessible parking. You can enter Building 2 on the third floor. Sky-bridges to the hospital from Building 2 are on the third and sixth floor. There is free valet parking at the hospital's main entrance.

Meals

We serve breakfast at 8 a.m., lunch at noon and dinner between 5:30 and 6 p.m. You will be able to select meals from room service. We can help, if you like.

We welcome visitors to eat in the hospital cafeteria. Visitors can also choose from a small selection through room service. There are also restaurants with wheelchair access near Legacy Good Samaritan, along N.W. 21st and 23rd Avenues.



Phone

There is a phone in your room. Local calls are free. You can make long-distance calls collect, or charge them to your credit card. To make a local call, dial "9" and wait for the tone. Then dial the number.

Cell phones

Please do not use cell phones during therapy sessions.

Mail

We deliver mail to your room every day except Sunday. After you leave, we will forward your mail to your home. Your mailing address during your stay with us is:

Your name

Room # _____

Legacy Rehabilitation Institute of Oregon

Legacy Good Samaritan Medical Center

1015 N.W. 22nd Ave.

Portland, OR 97210

Wi-Fi

Wi-Fi is available in the hospital cafeteria and in each patient room.

TV and DVD

Your room has a TV and DVD player.

Spiritual care

There is chapel on the third floor of the hospital. Chaplains are available 24 hours a day, seven days a week. A chaplain will be happy to meet with you. A chaplain can also contact your own clergy or help you find someone of your faith.

Gardens

You and your visitors can enjoy The Stenzel Healing Garden and the Rose Garden. The Stenzel Healing Garden is right next to the hospital lobby. The Rose Garden is on the third floor by the chapel. Your pets may join you for visits in the healing garden. Dogs must be on leash. Please clean up after your pet.

Smoking

Legacy Good Samaritan is a smoke-free campus. During your stay with us, your physiatrist (doctor) can help you stop smoking. For more information about our smoke-free policy or help to quit smoking, please contact tobaccofree@lhs.org, or call the Oregon Tobacco Quit Line, 1-800-QUIT NOW (1-800-784-8669).

Guest accommodations

If your family needs a place to stay, your admissions coordinator can make suggestions. The hospital has some rooms for a reduced fee in the Green Gables building. There may be spaces to park an RV or camper. There are no hook-ups. Please let us know if you would like more information.

Gift shops

1. The Cellar is on the third floor of Building 2. It has affordable gifts. Proceeds help Legacy Rehabilitation Institute of Oregon.

2. Hospitable Gifts is on the second floor of the hospital. It has fresh flowers, cards, candy and many gifts.

Questions

We want you and your family to ask questions.

Therapeutic day pass

Toward the end of your stay, we would like you to take a therapeutic day pass. Therapeutic day passes are on Sundays. We will give you and your caregivers an assignment. You will complete a form for your rehab team. We will learn what is working for you and what we need to change before you leave RIO.

(continued)

Transition in care

Patient-Family care conference

We will go over your rehabilitation progress with you at your weekly Patient-Family Care Conference. Members of your team will meet with you and your family for 15 minutes to talk about your goals, progress and anything that might be keeping you from moving to the next step after RIO. We can include family members that are not able to be at the conference by a conference call. Since you are involved in your treatment plan every day, conference time is short. Your family is welcome to participate in as many treatment sessions as possible. We encourage you and your family to bring questions to your weekly conference.



Durable Medical Equipment (DME)

Your RIO therapists will help you decide what wheelchair, walker, cane or bathroom equipment you may need after you leave RIO. Your insurance will determine which vendor we work with to help you get your equipment.

Legacy out-patient therapy

We can help coordinate an easy transition from RIO to out-patient therapy.

All Legacy medical centers offer out-patient therapy.

Legacy Good Samaritan Medical Center
Portland, OR

Legacy Emanuel Medical Center
Portland, OR

Legacy Meridian Park Medical Center
Tualatin, OR

Legacy Mount Hood Medical Center
Gresham, OR

Legacy Salmon Creek Medical Center
Vancouver, WA

How to contact us

Physicians, Rehabilitation Medical Associates:
503-413-6294

Nursing: 503-413-7916

Therapists: 503-413-7151

RIO Intake Specialist: 503-413-6931

Join our Family

The RIO Guild is a group of volunteers who help support Legacy Rehabilitation Institute of Oregon. You and your family can join the Guild. As a member, you can volunteer time, help sponsor special events for patients, work on fundraising activities, work in the Cellar Gift Shop and more. For information, please call 503-413-7718.

Join our hospital volunteer team

Legacy hospital volunteers can work directly with patients or behind the scenes. Please call the Volunteer Services office at 503-413-7012 for information.

Legacy Health

Legacy Good Samaritan Medical Center
1015 N.W. 22nd Ave. • Portland, OR 97210
Phone: 503-413-6931

www.legacyhealth.org/rio

