

## CONTACT US

Abbott Northwestern Hospital  
and United Hospital  
**612-863-4457**

Transitional Rehabilitation Program  
**612-775-2837**



Inpatient units at Abbott Northwestern Hospital and United Hospital have earned accreditation from the Commission on the Accreditation of Rehabilitation Facilities (CARF). This means they have met the highest industry standards for quality care and service.



**COURAGE KENNY  
REHABILITATION  
INSTITUTE™**

800 East 28th Street  
Minneapolis, MN 55407

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# COURAGE KENNY® REHABILITATION INSTITUTE

## Comprehensive Inpatient Rehabilitation



  
**COURAGE KENNY  
REHABILITATION  
INSTITUTE™**



The goal is maximum independence

*Courage Kenny Rehabilitation Institute provides comprehensive inpatient rehabilitation at Abbott Northwestern Hospital in Minneapolis, and at United Hospital in St. Paul, Minn.*

*We also offer short-term, intensive rehabilitation at the Transitional Rehabilitation Program in Golden Valley, which is licensed as a skilled nursing facility.*

*Admission criteria, length of stay and types of diagnostic conditions appropriate for each of these settings varies. That's why it's important to call for more information.*

## Care team and approach

Inpatient care at Courage Kenny Rehabilitation Institute is provided by a team of compassionate rehabilitation specialists. The team is led by physicians who specialize in physical medicine and rehabilitation (physiatrists). We work together toward a goal of improved function and independence.

The care team includes:

- physicians and nurse practitioners
- rehabilitation nurses
- care coordinators
- physical and occupational therapists
- speech-language pathologists
- psychologists
- social workers
- therapeutic recreation specialists
- community based specialists





## Comprehensive hospital-based rehabilitation

The hospital-based inpatient rehabilitation program is appropriate for patients who require close medical monitoring and management of medical conditions that can impact the rehabilitation process. It includes at least three hours of daily therapy, six days a week. Some people may also receive therapy on Sunday.

Family or friends who will assist after the patient is discharged are expected to attend therapy sessions as well to observe the patient's progress and learn from the therapists, rehabilitation nurses and other team members. They will also be invited to attend education sessions and outings.

Therapy is customized to each patient's needs and goals. Typically, it includes physical therapy, occupational therapy, speech therapy and a physical medicine and rehabilitation provider. Other team members include a nurse, social worker, therapeutic recreation specialist, and as needed, a community specialist or psychologist.

Other services are available through the Penny George Institute for Health and Healing. Services vary by location, but may include:

- reflexology
- guided imagery
- healing touch
- massage
- acupuncture

## Discharge planning

A discharge plan is developed soon after arriving on the inpatient unit, relying on patient and family input. The goal is for the patient to successfully return to their home or another community living option.

The rehabilitation team meets weekly during the patient's stay to discuss progress, to problem

solve and to set goals with input from the patient and family members. Education, therapy information sessions and support groups are also available for family members.

Most patients continue with their rehabilitation after discharge from inpatient rehabilitation. Discharge recommendations might include referral to a physical medicine and rehabilitation provider, home-based therapy, outpatient therapy, referral to a skilled nursing facility such as the Institute's Transitional Rehabilitation Program, or community services. The social worker or care navigator will help arrange these recommended services.

## Transitional Rehabilitation Program (TRP)

Some people may require a different intensity of rehabilitation prior to returning home or to another community living setting. Licensed as a skilled nursing facility, the Institute's Transitional Rehabilitation Program (TRP) provides intensive rehabilitation to assist people with disabilities recover from illness, injury or surgery and gain greater independence. TRP can be a "bridge" between acute care and returning to a home or community living setting for those people who may need it.

### Potential TRP patients should:

- have a need for and ability to participate in two or more therapies (physical, occupational, speech therapy)
- be able to tolerate a minimum of two to three hours of therapy five to six days per week.
- have a physical or cognitive impairment which limits one or more life functions related to self-care and mobility.
- have stable vital signs and medical conditions which do not require a daily physician visit
- have no risk for elopement.
- have an identified and approved funding source.

Courage Kenny Rehabilitation Institute provides cutting edge, advanced rehabilitation technologies at all locations; however, each facility offers unique features and services:

- Abbott Northwestern Hospital features Independence Square. Patients can practice everyday activities to perfect newly learned skills before discharge.
- United Hospital includes a community dining room, family lounge and a horticulture program.
- The Golden Valley location is a skilled nursing facility which can be a bridge between acute hospital care and home or community living for those who may require additional rehabilitation after discharge from acute care.

## LOCATIONS

**Abbott Northwestern Hospital**  
800 E. 28th Street  
Minneapolis, MN 55407

**United Hospital, St. Paul**  
333 Smith Avenue N  
St. Paul, MN 55102

**Transitional Rehabilitation Program**  
3915 Golden Valley Road  
Minneapolis, MN 55422

## ABOUT US

Courage Kenny Rehabilitation Institute, part of Allina Health, was created in 2013 by the merger of Courage Center and Sister Kenny Rehabilitation Institute.

The Institute provides a continuum of rehabilitation services for people with short- and long-term conditions, injuries and disabilities in communities throughout Minnesota and western Wisconsin. The Institute's goal is to maximize quality of life for people of all ages and all abilities. We help people achieve health and wellness by offering excellent services, innovative programs, ground-breaking research and barrier-shattering advocacy.

The fifth largest rehabilitation provider in the nation, Courage Kenny Rehabilitation Institute has multiple locations, and numerous programs and services.

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