





Discharge Planning Guide for Stroke Rehabilitation: Post-Acute Stroke Rehabilitation Comparison

Rehabilitation Setting		Patient Population		Rehabilitation Goals		Interventions		Outcome Measures		Discharge Planning Considerations	
Inpatient Rehabilitation Unit (IRU)	Stroke Unit	Acute stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
	Stroke Unit	Subacute stroke	Moderate functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
Subacute Rehabilitation Unit (SRU)	Stroke Unit	Subacute stroke	Moderate functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
	Stroke Unit	Subacute stroke	Moderate functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
Long-term Care Facility (LTCF)	Stroke Unit	Chronic stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
	Stroke Unit	Chronic stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
Home Health Care (HHC)	Stroke Unit	Chronic stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
	Stroke Unit	Chronic stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
Community-Based Rehabilitation (CBR)	Stroke Unit	Chronic stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system
	Stroke Unit	Chronic stroke	Severe functional impairment	Maximize functional recovery	High intensity, task-oriented	Physical therapy, Occupational therapy, Speech therapy	Barriers to discharge	Functional independence	Discharge to home	Home care services, Equipment, Support system	Home care services, Equipment, Support system

Home/Outpatient Settings

Traditional Outpatient