



WELCOME TO THE

## Central Maine Rehabilitation Center

Individuals disabled by an illness or injury face difficult adjustments and major lifestyle changes that often go beyond physical limitations. By providing a supportive, caring environment, emphasizing patients' abilities rather than disabilities, we strive to help instill in patients the confidence needed to achieve their maximum level of functional independence and to regain the lives they treasure.

Our mission is to provide a comprehensive rehabilitation program of the highest quality in order to improve the functional independence of those we serve. Our rehabilitation team has a daily commitment to our core values of compassion, citizenship, integrity, service, excellence and commitment.

*Helping people regain  
their independence*



*CARF accreditation signifies that Central Maine  
Rehabilitation Center meets international  
standards for delivering high quality care.*



300 Main Street, Lewiston, Maine  
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[www.cmmc.org/inpatient-rehabilitation](http://www.cmmc.org/inpatient-rehabilitation)

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## Who We Serve

*Our patients are those who require early, intensive therapies for optimal recovery, and include those with major multiple traumas, stroke, traumatic brain injury, amputations, orthopedic conditions, spinal cord injuries, neurological disorders and multiple sclerosis.*

We are successful in helping people with a variety of functional disorders relearn old skills that have been hindered as well as learn new adaptive techniques.

### Common conditions:

- Balance and coordination impairments
- Weakness or limited motion in arms, legs, or trunk
- Difficulty swallowing
- Inability to move in bed or from one place to another
- Inability to perform activities of daily living such as eating, grooming, dressing, bathing and homemaking
- Cognitive/perceptual deficits or speech-language problems in conjunction with a physical limitation

## About Our Services

*Our comprehensive program features a full complement of aggressive inpatient rehabilitation services tailored to each patient based on his or her needs, tolerance for therapy and desired outcomes.*

### Services may include:

- Comprehensive evaluation to set realistic goals
- Daily supervision by a physician specially trained in rehabilitative medicine
- Around-the-clock rehabilitative nursing care
- Physical therapy focused on restoring function; increasing coordination, stability, strength and endurance; and managing pain
- Speech therapy for evaluation and treatment of speech-language, cognitive and swallowing disorders
- Occupational therapy focuses on improving your everyday living skills of bathing, dressing, and eating.
- Patient education
- Psychological counseling
- Discharge Planning
- Central Maine Rehab Center serves person under the age of 18 on a case by case basis.

## Making a Referral

*Patients can be admitted to the rehabilitation program from home, a hospital or other type of facility, provided they meet the following criteria.*

### Patient must:

- Have medical needs requiring daily access to a rehabilitation physician, who will oversee his or her medical needs and therapy treatment plan
- Require 24-hour rehabilitative nursing
- Require at least two forms of therapy (physical therapy, occupational therapy and speech).
- Be able to tolerate a relatively intense therapy program, consisting of at least three hours of therapy, five out of every seven days
- Have the ability to achieve rehabilitation goals in a reasonable period of time

A complimentary pre-admission screening will be conducted within four hours of each referral to determine if the patient's specific condition may benefit from the rehabilitation program.

**The Rehab program accepts most major insurance carriers, including Medicare. Benefits will be verified prior to admission.**