

Rehab Research Checklist

- What evidence and studies were used to create the program?

- What are the educational qualifications and experience of staff?

- Make a site visit if possible:

- Is the facility inviting, airy and well lit?
- Are there physical exercise facilities indoors?
- Is there access to e-mail, regular mail, and telephone?
- Are there helpful posters and positive cues?
- Are there walking areas and sports areas outside?
- Is the food appealing and cafeteria inviting?
- Do the rooms and bathrooms appear clean?
- Are their laundry facilities?

Notes:

- Talk to a client of the program and record their comments:

- Obtain the program rules for clients and families.
- Obtain an outline of the program content, length of program, and structure (groups, one on one meetings, reading material provided).

- Ask for specific examples of what the program teaches:

- Obtain a list of the skills your loved one will have mastered before they leave the program.

- Request in writing the basic cost, refund policies, items not covered in basic cost, and any contract you will have to sign.

- Ask specifically about behaviours that will result in the client being asked to leave the program and ensure this is in writing.
