FOR FAMILIES · SKILLED NURSING REHAB

KG

The first week, *in order.*

Underneath admission week is a required sequence with federal deadlines. Here it is.

● Federal deadline ○ Typical timing **§** = 42 CFR Part 483 **F655** = CMS inspection tag

WHEN	WHAT HAPPENS	WHAT TO ASK OR SAY
● **DAY 1** §483.20(a)	**Admission** Records arrive, orders are written, nursing assesses, and medications are reconciled.	*"Does this match the med list from before the hospital?"*
○ **DAYS 1–2** Varies by facility	**Therapy evaluations** PT, OT, and often speech set goals. Progress and coverage decisions are measured against them.	*"What are the goals, and do they fit our home?"*
● **BY HOUR 48** §483.21(a) F655	**Baseline care plan** The first care plan. You're entitled to a written summary: goals, meds, diet, services.	*"May I have the written summary of the baseline care plan?"* Fine to ask on day two. Formal deadline: the comprehensive care plan.
○ **FIRST WEEK** Your right: §483.21(c)	**Discharge planning starts** Therapy most days. Discharge assumptions form now, and you have a right to take part in the planning.	TO THE CASE MANAGER *"We want to be part of discharge planning."*
● **BY DAY 14** §483.20(b)(2)(i)	**Comprehensive assessment** The full federal assessment (MDS): function, cognition, mood, skin, nutrition.	*Tell the nurse if a day isn't typical for them.*
● **BY DAY 21** §483.21(b)(2)	**Comprehensive care plan** Due within 7 days of the assessment. The baseline summary is due by now, too.	*"When is the care plan meeting? We'd like to attend."*

ALL WEEK *Write down who you spoke to, and when. It's dull, and it matters later.*

Kevin E. Groh, PA-C Physician assistant, physical medicine & rehabilitation

Scan or visit · kevineugenegroh.com/rehab/what-happens-first-week-in-rehab/

General education about U.S. federal rules, not medical or legal advice. It does not create a patient–provider relationship. Practices vary by facility. Updated Nov 2026.