



## Rehabilitation and Restorative Care Programs

Working together, to restore your independence and improve your quality of life.



### Rehabilitation and Restorative Care

The Rehabilitation and Restorative Care Program is for individuals who need help in regaining independence before returning home or to the community. The program is offered at Grey Bruce Health Services in the Owen Sound Hospital.

Active rehabilitation helps you begin your journey towards achieving your highest possible physical, mental and social functioning.



### Our Goals are to:

- Enhance your physical, social, emotional and cognitive well-being;
- Support your abilities rather than disabilities; and
- Enable you to actively participate in the planning, goal setting, and development of a unique program tailored to your needs.

### What Should I Expect?

- You will be offered a tour of the unit to become familiar with your new surroundings and how the Rehabilitation program works.
- You may stay in the Rehabilitation program from a few days to several weeks and take part in an intensive program or rehabilitation – up to 3 hours of active therapy per day, 5 days a week. In addition, we have one therapist who will work with stroke

patients on Sundays. It is not possible for the therapist to treat all of the patients, so the physiotherapist or occupational therapist will treat those who are having more difficulty with their mobility and daily tasks. The stroke patients who are more advanced will be doing their homework, walking with the nursing staff, or away on a weekend pass.”

- You will be expected to arrive to each therapy session on time and on your own (when possible).
- Therapies are provided on a 1 to 1 and/or group environment depending on your needs.
- Most meals are provided in the dining room.
- Use of hospital equipment (e.g. walker, wheelchair, dressing aids) will be on loan to you. If these items are removed you will be sent a bill for replacement costs.

### **Who is on the Team?**

- Physician: oversees your medical care.
- Nurse Coordinator: oversees the coordination of the care you receive.
- Nursing Staff: provide care, encourage independence, support goals 24/7.
- Physiotherapist: works with you to improve mobility balance, strength and function.
- Occupational Therapist: helps you to resume the skills you need for daily living.
- Occupational Therapy Assistant/Physiotherapy Assistant: Help to achieve your mobility or functional goals.
- Recreation Therapist: assists in your return to leisure interests/hobbies or in learning new recreational skills.
- Social Worker: helps with emotional and social issues as well as changes within the family, counselling and accessing benefits.
- Dietitian: helps you meet your nutritional needs through education and special diets.
- Speech-Language Pathologist: works with you to improve swallowing and your ability to communicate.
- Pharmacist: acts as a consultant to the team regarding your medications.
- Spiritual Care: multi-faith care is available.
- Stroke Nurse Educator: teaches you and your family about stroke and helps you navigate through the stroke system.
- Community Care Access Centre (CCAC) Case Manager: helps you and your family/friends prepare for discharge from Rehabilitation and Restorative Care.
- Staff from different departments within the hospital, plus our volunteers, will join your care team as needed.



### **What do I need to bring?**

- Casual clothing, including pants/shorts, no-skid shoes, socks, shirts, pajamas, etc.
- Hearing aids (batteries), glasses, and dentures.
- Toiletries, including razor toothbrush and paste, brush, comb, Kleenex, etc.
- Leisure activities that you enjoyed at home (e.g. books, magazines, music, crafts, laptop computer).
- Your pet can visit. Please check with your nurse regarding the pet policy.

### **How will my family be involved?**

- We encourage you and your family/friends to take an active role in the rehab program. They are a part of the journey to recovery.
- The team will keep you and your family up to date on your progress.
- Once you have made significant progress in the program, you may be able to go home on a day pass or an overnight pass with family support.
- The team will teach your family about your care needs in preparation for your pass and discharge.
- Discharge planning will begin upon your admission to ensure that everything is in place for when you leave the Rehabilitation and Restorative Care program.
- Your family is welcome to call the unit (519-376-2121 x2910) or your room at any time. Please note that the dining room is for patient use only during meal times.
- Family members may also come into a therapy session after initial assessments are completed. Talk to your therapist to set a date.

### **Grey Bruce Health Services – Owen Sound Hospital Rehabilitation & Restorative Care Unit (8-1)**

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