

Stroke/Neurological Rehabilitation Program - Welcome to Rehab

What do I need to know to prepare for rehabilitation?

What should I expect from rehabilitation?

- Inpatient Rehabilitation works with you, your family, and friends to teach you how to look after yourself, and to start adjusting to the changes in your life following a stroke.
- Every individual recovers at a different rate. Some people do not fully recover.
- Every individual comes with unique rehabilitation needs, and so the Treatment Plan is individualized to meet these unique needs. This means the range of rehabilitation activities, how often they're done and for how long will vary from person-to-person. We want you to become as independent as possible and adjust to the changes in your life. Being able to wash and dress, eat, get out of bed and to the toilet, communicate your needs, make a meal and take your medications are some of the basics needed to return home.
- You will want to **make the most of every day**.
- We encourage your families/support people to be involved as soon as possible to be partners in your care in learning how to assist you.
- Your progress is reviewed at weekly team rounds and will be discussed with you.
- Your rehabilitation stay will be limited to an average of two to four weeks. Your discharge date will be communicated to you as soon as the team completes their assessments. Often a tentative discharge date can be given the second week of your stay. Leaves of absence (LOAs), which are visits home, are part of your rehabilitation plan and are reviewed regularly.
- Inpatient therapy is only the start of your rehabilitation journey.
- If there is a change in your medical condition, you may need to be transferred to an acute care facility for diagnostic tests or specialized treatment procedures.

What will I do in a typical day?

- During the first few days after your admission, you will meet the team and participate in a variety of assessments so we can establish a baseline of your function and help identify treatment goals
- Breakfast (8 am) is served in your room. Lunch (11:45 am) and supper (4:45 pm) are served in the dining room.
- Your therapy schedule will be posted at your bedside. **Getting ready for the day is part of your therapy**. Assistance may be provided as needed and rest periods can be scheduled into your day, as required.

- You may have the opportunity to participate in Therapeutic Recreation activities, balance groups, hospital-wide leisure activities and weekend therapy sessions with Occupational/Physiotherapy Assistants.
- To maximize your gains, you need to practice the skills you are learning with your family/support people and the team. How well you do is often up to you.

How can my family/supports be involved in my rehabilitation?

We value active family involvement in your rehabilitation process through:

- Support and encouragement, attending therapy sessions and communicating with the team.
- Learning about how they can help you with your rehabilitation and care needs.
- Participating in structured educational opportunities.
- Participation during LOAs.
- Family/support involvement with discharge planning is important, especially if you will need help when you return home. This starts early in your stay to ensure that everything is ready and in place for your discharge date.
- We request that you choose one person to be the key contact to make it easier to communicate with your family.

How will my family/supports and I learn about my stroke?

- Printed information is available about stroke, related health concerns and community resources.
- You may meet with your doctor and any other team member to discuss your stroke and prevention.
- Often education is one-on-one with individual team members as you work through your rehabilitation and discharge needs.
- A series of stroke education classes are held on the unit to provide information about stroke and how it may affect your life.
 - A list of presentation dates and times is posted on the unit.
 - The team encourages you, your family, and friends to attend

When can I have visitors?

- We recommend **no more than 2 visitors** at a time.
- The team will let you and your family know what times are the best to visit. When sharing a room please keep in mind that privacy is important and appreciated. There are other locations on the unit and throughout the hospital for you and your family to visit.

What do I need to bring with me?

If you have a Power of Attorney, for personal care, please bring a copy.

- A list** of medications you were taking at home including all prescription and non-prescription medications, supplements, vitamins, herbal and natural remedies **and** the name and location of your pharmacy.
- Do not bring any medications from home.**
- Supportive shoes (i.e. walking shoes) and supportive slippers
- Comfortable oversized clothing that is easy to put on and take off, we suggest at least five changes of clothes
- For therapy sessions, shorts or loose pants that can be rolled up, and tank tops or sleeveless tops for ladies are helpful
- Walking aids you used previously
- Toothbrush and toothpaste (flip up tops are easiest)
- Glasses
- Hearing aids
- Dentures, denture cleaners and cup
- Soap and shampoo
- Deodorant
- Personal hygiene products if required
- Kleenex
- Comb or hairbrush
- Electric razor
- Make-up (optional)
- Your own pillows and blankets (optional)

Although space is limited, personal belongings such as family pictures, books or electronics may be brought in. Hospital policy requires all electric appliances be inspected by the hospital maintenance staff. The unit secretary will organize this when you are admitted.. TVs and telephones are available at an extra cost.

How can I learn more about Parkwood Hospital?

Parkwood Hospital offers many unique features that enhance the opportunities for your rehabilitation, such as central treatment areas and gyms located right on the rehabilitation unit. When you arrive, you will receive an information handbook called ***Parkwood Hospital Patient, Resident and Family Handbook*** which tells you all about Parkwood.

Please note our program has a latex-free, scent-free, cell-phone free and smoke-free environment.

Parking passes are available at the Parking Office which is located in the Parking Garage

Who is part of my rehabilitation team?

Your team of health professionals includes a Physician, Rehabilitation Nurse, Social Worker, Occupational Therapist, Physiotherapist, Occupational/Physiotherapy Assistants, Personal Care Providers, Speech Language Pathologist, Dietitian, Pharmacist, Nurse Clinician, Therapeutic Recreation Specialist, Spiritual Care Provider, and Rehabilitation Engineer. . This is also a teaching hospital and students may be part of your health care team.

What is a family conference?

A family conference with your rehabilitation team **may** be arranged during your stay. This is a time to share information, ask questions about your progress toward your goals and continue planning towards discharge. Your social worker will contact you about arranging an appropriate time **if** a family conference is needed.

What is discharge planning all about?

Rehabilitation is **time limited** and **goal oriented**. As noted above, planning for discharge begins when you are admitted. A discharge date will be set and shared with you early on in your rehabilitation, often around the second week of your admission. Your social worker helps to coordinate discharge planning to home or to an alternate living arrangement.

How can I prepare for discharge?

- Going out for a supervised day pass or a weekend leave of absence is an important part of readjusting to living with stroke. The team will help you plan for this. While in hospital, you may borrow the equipment that you have been practicing with to take on your LOA.
- Your family will need to be available to learn about your care to prepare for your LOAs and discharge.
- Medications will be provided for LOAs.

- Equipment needs for discharge, such as purchase or rental of wheelchairs, walkers, or feeding equipment will be addressed before you leave the hospital.
- Advice regarding home adaptations may require a home assessment
- Your team will make recommendations about appropriate outpatient follow-up and community resources that may be of benefit to you in furthering your recovery after discharge.
- **Discharge time is 9:00 am.**

How can I provide feedback?

- An important part of our program is to ensure excellence and ongoing improvement. We meet frequently to review our program delivery in an effort to improve our service. We value your feedback. Please share any comments with your rehabilitation team.
- You will receive a consumer feedback survey following your discharge from the inpatient program. This survey is administered by NRC Picker, an independent company. Your feedback is important to us and your input will help us to provide better service to all our patients.