



Low-intensity rehabilitation





What does low-intensity rehabilitation mean?

Low-intensity rehabilitation is for patients at a stage of recovery where they are ready to achieve and maintain a level of strength and functioning, while also needing medical care.



The goals of this program

The goal of this program is to improve your ability to participate in daily activities, like self-care and mobility.

Members of our therapy team will look at what your body is able to do and work with you to improve your mobility and independence as much as possible. They will also look at your thinking skills - like memory, attention, and problem-solving - along with other health needs, such as swallowing, eating, and communication skills.

Therapy sessions aim to improve your physical condition, as well as your ability to walk and move around and do everyday tasks yourself.





About the low intensity rehabilitation program

People accepted into the program stay for up to 90 days. You will have five 30-minute therapy sessions each week with either a physiotherapist or an occupational therapist. Speech-language pathology therapy sessions may be requested if you have some challenges with speaking, reading, writing, understanding, problem-solving and remembering.

“What I enjoy most about low intensity rehabilitation is our ability to support a patient at one of their worst moments, and help them to regain function and get back to living life.”

-- Nicole Dunlop, M.D. --





Therapy team

- The **social worker** supports you, your family, and caregivers with the challenge of being in a hospital. They can also make referrals for care services in the community to support your discharge.
- The **physiotherapist** will plan exercise sessions to get you moving and will ensure that you have a walking aid after you leave - for example, a walker - if you need it.
- The **occupational therapist** will help you to do tasks that are important to you - for example: being able to wash, dress, toilet and/or feed yourself - and will advise on how to equip and organize your home environment to help you function in a safe manner once discharged.
- The **speech-language pathologist** can look at how well you understand what is said to you, how well you can express your thoughts and ideas, and how well you can chew and swallow your food and drink.
- The **dietitian** can help manage special diets and nutritional needs during your hospital stay. They teach you about what food choices you will have after discharge. While you are in the hospital, if you would like to talk to someone about certain food you enjoy please contact Nutrition and Food Services at extension #2139 or #2142.
- A **nurse** will take care of your day-to-day and help you to do tasks on your own as much as possible.
- A **doctor** and a **pharmacist** will be assigned to you while you are in the hospital. They oversee your health condition and can provide recommendations for your rehabilitation plan.
- **Clinical Trained Chaplains** can speak with you and your family about your experience and can provide support, including grief counselling.





Your responsibilities

1

We encourage you to participate in as many things on your own as you can, such as going to the toilet, washing yourself, and getting dressed in your own clothes from home.

2

It's helpful to get out of bed every day, even just to sit in your chair for your meals.

3

Participate in your therapy sessions and give feedback to your care providers on your needs.

4

Bring any personal mobility aids, for example, your wheelchair or walker with you to the hospital. Your therapy team will ensure they meet your needs.

5

We recommend that you start the process to get the equipment your physiotherapist and occupational therapist have recommended as soon as you are able. However, your discharge date will not change because you did not get the recommended equipment.

6

While you are with us, we will provide you with the necessary medication. Your medication from home should not be stored in your room, and we ask you to have someone take them home for you while you stay in the hospital. Sometimes, we may ask you to bring in your own medications from home because the hospital does not have the specific ones you are taking. If this happens, we let you know and work with you to take them. Please let us know if you have any questions or concerns related to your medication.





How to prepare for your discharge from the hospital

- 1 Work with your Therapy Team to prepare for your discharge.
- 2 Try your best to get the equipment that the therapists recommend for you. If you run into any trouble getting equipment, please contact your team as soon as possible so they may support you.
- 3 It's an exciting time, but it can be challenging. If you feel scared, worried, or if you have any concerns, please talk to anyone on your therapy team.
- 4 If you wish to leave earlier than suggested by the medical team, please be aware that the treatment plan set by your therapy team will end. You may recommence your treatment at a later date if you are referred once again to the program, and your referral is accepted.





How to reach us

Clinical Manager _____

Social Worker _____

Occupational
Therapist _____

Physiotherapist _____

Speech-Language
Therapist _____

Registered
Dietitian _____

Pharmacist _____

Clinical Trained
Chaplain _____





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