Brampton Civic Hospital
2100 Bovaird Drive East
4th Level – North Building
Brampton, ON  L6R 3J7

Active Rehabilitation
Tel: (905) 494-2120  Ext. 56431
Fax: (905) 494-6430

Slow Stream Rehabilitation/Reactivation
Tel: (905) 494-2120 ext. 57367
Fax: (905) 494-6638

Hospital Visiting Hours:
11 a.m. to 9 p.m.

Although we encourage family members and friends to visit, please be advised that you will be busy participating in therapy sessions during the day.

We advise visitors to arrive after 2 p.m. on the Rehabilitation Units.

For the comfort of other patients, visitors are limited to 2-3 visitors at a time.
Visitors are to leave promptly at 9 p.m.; this allows patients to rest for therapy the next day.

Approved by: Rehabilitation Teams
Date: July 2010
Vision

“To be an elite provider of rehabilitation services within a diverse community committed to enhancing quality of life.”

Mission

We are committed to serving individuals requiring rehabilitation due to injury, illness or disease. In the spirit of William Osler we believe “the best preparation for tomorrow is to do today’s work superbly well.”

We do this by:

- Providing innovative, individualized patient care
- Collaborating within a multidisciplinary team
- Advocating for patients
- Creating partnerships with individuals, families and communities
- Implementing current and effective treatments based on research, literature and available evidence
- Enthusiastically striving for improvement, encouraging life-long learning and education
At Osler, the Rehabilitation Program has two components:

**Active Rehabilitation:**
More intensive treatment with a shorter length of stay

**Reactivation/Slow Stream Rehabilitation:**
Less intensive treatment with a longer length of stay

You will be admitted to the program that best serves your needs.

**What is Rehabilitation?**

Rehabilitation is an active, coordinated program that encourages you to regain your best possible level of independence.

Here is what it means:

**Active:** You and your family are expected to help develop treatment goals for your recovery with the guidance of your Health Care Team.

**Coordinated:** Our Health Care Team develops a plan just for you. This includes assessment, treatment and education.

**Independence:** You are to work towards completing daily activities of living with as little assistance as possible.
Who will help me with my rehabilitation?

Depending on your specific needs, a number of different rehabilitation professionals may be involved in your care.

The following people may be a part of your **Health Care Team**:

**Physician**: looks after your medical needs.

**Nurse (RN & RPN)**: provides your medication, assists with your medical needs, and helps with the planning and coordination of your rehabilitation.

**Personal Support Worker (PSW)**: provides assistance with your daily care, and encourages you to be independent in your activities of daily living.

**Clinical Nurse Educator**: looks at the learning needs of staff and provides education and orientation to ensure safe and efficient patient care.

**Pharmacist**: monitors your medication therapy and provides information and counselling.

**Physiotherapist (PT)**: teaches you to move about as safely and independently as possible.

**Occupational Therapist (OT)**: helps you become more independent in every day activities such as dressing, meal preparation, work and hobbies.

Rehabilitation involves the work of many people helping you achieve your maximum level of independence.

Your commitment and participation are keys to success.

You are encouraged to ask your Health Care Team questions.
A few things to remember:

- You are expected to wear street clothes and sturdy, flat-soled shoes throughout the day.

- We suggest you attach personalized labels to all your personal items to prevent loss of these items.

- Your family is responsible for laundering your clothes.

- Keep only small amounts of money for your personal needs, and keep it in your room.

What happens upon discharge?

- It will be your responsibility to arrange for a ride on the morning of discharge by 10 a.m. You may wait in the patient lounge.

- A family member/friend will be expected to meet you on the rehab unit to escort you to the vehicle. A wheelchair will be available at the front lobby to assist you to the vehicle.

- You will receive a prescription for all the medications you have been taking during your rehab stay. You will need to make an appointment with your family doctor after discharge to review your medications and arrange for blood work if required.

- Your therapists will discuss the most appropriate options for further therapy and necessary equipment needs after discharge, and rental/purchase options.

- It will be your responsibility to make sure that you have all the equipment you need before you go home.

Occupational Therapy & Physiotherapy Assistant (OTA/PTA): provides occupational therapy and physiotherapy treatment under the direction of the Occupational Therapist and Physiotherapist.

Recreation Therapist: provides opportunities for leisure education and participation through group and individual programs.

Speech Language Pathologist (SLP): evaluates and treats communication and swallowing problems.

Communication Disorders Assistant (CDA): provides speech therapy under the direction of the Speech Language Pathologist.

Dietitian (RD): assesses your nutritional needs and helps plan a safe and healthy diet.

Social Worker: manages social, financial and emotional issues arising from your hospitalization.

Discharge Coordinator: reviews your discharge from the hospital and facilitates necessary alternative arrangements in a timely manner.

Clerical Associate: prepares your chart, transcribes the doctors’ orders, and provides information to you and your family on unit resources.

Team Consultants

Community Care Access Centre Coordinator (CCAC): coordinates the delivery of any necessary care you may require after discharge. This may include personal care, physiotherapy, occupational therapy, speech language therapy and others as needed.

Multi-faith Chaplain: provides religious and spiritual support to you and your family.
What does rehabilitation involve?

- Your Health Care Team completes individualized assessments.

- You are expected to take an active role in completing your daily activities.

- You are expected to eat your meals in the dining room.

- Individual and/or group therapy sessions are scheduled Monday-Friday excluding holidays. On the Active Rehabilitation unit, physiotherapy, occupational therapy and recreation therapy may be offered on weekends. In addition, you may be requested to perform extra exercises or activities during off hours to supplement your scheduled therapy times.

- Family members are essential partners in the rehabilitation process. A family conference may be arranged if required. When necessary, one spokesperson should be appointed by the family (Power of Attorney) to help decide the best plan for you.

- The team may encourage you to go home for a day/weekend when you and your family are able. These trial visits help you practice newly learned skills and identify any potential concerns or questions before your discharge.

- The team ensures that you have all the necessary equipment and services required for leaving the hospital. Equipment from the hospital is available for you to borrow during passes.

- Your length of stay is dependent on your treatment plan, which will be discussed with you. An estimated discharge date will be established for you shortly after admission. Once determined, you will be notified of this date and a notice will be posted above your bed.

How can I prepare for my rehabilitation?

Here are some items you need to bring with you for your stay:

**Clothing:**

- Under wear
- Socks / stockings
- Jogging suits, slacks or shorts
- Belt or suspenders
- Shirts / blouses
- Sweater
- Pajamas / nightgowns
- House coat
- Slippers
- Rubber soled shoes

**Personal Items:**

- Soap and shampoo
- Deodorant
- Toothbrush and toothpaste
- Dentures
- Hair brush / comb
- Eye glasses
- Razor / shaving cream
- Make-up
- Hand mirror
- Hearing aid and batteries
- Facial tissue paper
- Clock or wrist watch
- Feminine hygiene products
- Continence briefs
- Calendar
- Family photos