

Frequently Asked Questions

What if I don't feel ready to go home?

We will work together with you and your family / friends to support your needs.

What if I need help at home?

If you are finding it hard to manage at home, we will work with you to find a solution. This might involve referring you to support services in the community called 'Home Health'.

How long will my outpatient rehabilitation take?

You may or may not need outpatient rehabilitation after your hospital stay. If you do, your outpatient therapist works with you to decide the length of your rehabilitation based on your goals.

Will I have to pay for my rehabilitation sessions?

No – as long as you are covered by the BC Medical Services Plan, your inpatient and outpatient rehabilitation is free.

Will Fraser Health provide transportation for me?

You are responsible for getting to and from the outpatient clinic on your appointment day.

We give you your appointment dates weeks in advance. This should make it easier for you to arrange to get a ride with someone.

If you don't have anyone available, we can talk with you about other options such as HandyDART Services or other types of transportation as needed.

Please let us know if transportation is a concern for you.

If you have further questions, please speak to your therapist or the Patient Care Coordinator.

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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To order: patienteduc.fraserhealth.ca

About My Discharge Date

Information for Stroke Patients

Rehabilitation Program



 **fraserhealth** Better health.
Best in health care.

You are in our rehabilitation (rehab) unit because you had a stroke.

What is my Estimated Discharge Date?

This is the date your rehab team expects you might be able to go home. We call this your estimated discharge date.

Your estimated discharge date is based on what is known about the recovery of other people who have had a similar stroke.

We write your estimated discharge date on the white board in your room.

We decide your estimated discharge date within 1 week of day you are admitted to our unit.

Your estimated discharge date might change as we learn more about you.



How can I prepare?

Talk with your rehab team early on in your stay about realistic goals for discharge.

Start organizing equipment and supports for your home as soon as possible. Your therapists will be able to tell you what you might need.

When is my Discharge Date confirmed?

Once we have a better understanding of your rehab needs, we will give you a confirmed discharge date.

We will replace your estimated discharge date with your confirmed discharge date on the white board in your room.

UNDERSTANDING MY STAY		
Today's Date:	My Nurse Is:	My Preferred Name:
My Doctor Today:	Limits/Special Instructions:	
My Goal or Plan for Today:		
I am Going Home on:		
Traseerhealth www.traseerhealth.com		

An example of a white board

Can I go home sooner than my estimated discharge date?

You might be able to go home early if:

- You have enough supports at home.
- You are able to manage to get in and out of your house safely.



After you go home, you continue working on your rehab goals in our outpatient rehabilitation.

People who go home early often recover quicker and have the same or better rehab outcomes.