

Where are the Community Rehabilitation Programs, and which one will I go to?

Fraser Health has six Community REDi Programs. They are located at Eagle Ridge Hospital in Port Moody, Queens Park Care Center in New Westminster, Surrey Memorial Hospital in Surrey, Peace Arch Hospital in White Rock, Abbotsford Regional Hospital in Abbotsford and Chilliwack General Hospital in Chilliwack. You will attend the program which is closest to your home. The Rehabilitation Care Team will confirm the location with you.

How long will my rehabilitation take?

Every patient has different needs, so the length of time in rehabilitation may be different for each person.

The team will monitor your progress and modify your treatment regularly to ensure the therapy continues to meet your ongoing needs. As you improve, you will likely decrease the frequency of your visits and progress to doing more of your recovery on your own. You will also be connected with other supports and programs in the community that are available to you and your family in the future.

Community Rehabilitation Program Locations

Eagle Ridge Hospital

Physiotherapy
475 Guilford Way
Port Moody, BC V3H 3W9
604.949.8210

Surrey Memorial Hospital

Rehab Services
Basement (level 1) B Building
13750 96th Avenue
Surrey, BC V3T 4H9
604.588.3344

Peace Arch Hospital

Outpatient PT/ OT, 2nd Floor
Peace Arch Hospital
15521 Russell Avenue
White Rock, BC V4B 2R4
604. 535.4509

Queens Park Care Center

Outpatient Rehab, Main Floor
315 McBride Boulevard
New Westminster, B.C. V3L 5E8
604.517.8678

Abbotsford Regional Hospital

Outpatient Rehab, Main Floor
32900 Marshall Road
Abbotsford, B.C. V2S 0C2
604.854.2117

Chilliwack General Hospital

Outpatient Rehab, Main Floor
45600 Menholm Road
Chilliwack, B.C. V2P 1P7
604.703.6984

www.fraserhealth.ca

Community REDi Program



Information for Patients

Rehabilitation Program



fraserhealth

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The Rehabilitation Team has identified that you are a potential candidate for our Community REDi Program.

Participation in this program means that you will be able to go home sooner while continuing to work on your rehab goals. Instead of staying in the hospital, you'll be able to live at home, and just come to our clinic for your rehabilitation therapy sessions.

Rehabilitation is an important part of the recovery process and includes a variety of therapies to help you become as independent as possible, as quickly as possible.

What kind of rehabilitation does the Program provide?

Rehabilitation includes a number of different treatments, but the focus of all rehabilitative therapies is to improve daily function.

Function refers to being able to do the physical and mental tasks necessary to manage the basic activities of life.

Things like moving about, bathing, buying groceries, making a meal, eating well, and communicating with others, are some examples of activities you need to be able to do to take care of yourself.

Each patient has different needs, so rehabilitation means something a bit different for each person. The goal though, is the same – to help you achieve your functional goals so that you can be more independent and participate in the activities that are important to you.

The Program provides therapy designed to meet your needs. A schedule will be established so you can plan your week around the times that you need to be at your rehabilitation appointments.

Physiotherapists, occupational therapists, speech language pathologists, social workers, rehabilitation assistants, dieticians, pharmacists, physicians and nurses, are all part of the care team.

The care team will work with you and your family to develop a care plan just for you, based on your unique needs.

Other Common Questions and Answers!

When will I be able to go home?

Your care team will work with you and your family to determine when it is safe for you to return home.

When will I start coming back for therapy?

Your care team will meet with you to set up a start date and schedule the services.

Will I have to pay for my rehabilitation sessions?

No – as long as you are covered by the BC Medical Services Plan.

Will Fraser Health provide transportation for me?

You are responsible for getting to and from the clinic on your appointment day. You will have your appointments weeks in advance to help with coordinating family and/or friends to bring you. If you don't have anyone available, we can assist in identifying options including volunteer driver services, Handy Dart Services or other transportation services as needed. Please let your team know if transportation is a barrier for you.

Are the outpatient therapies the same as the inpatient therapies?

The rehabilitation therapies you'll receive as an outpatient are the same as those you'd receive if you were staying overnight at the hospital. The staff may be different but the interventions are the same.

What if I need help at home?

If you are having difficulty managing at home, your care team will work with you to find a solution. This may involve a referral to Home Health.

What to wear/bring

- ☐ Supportive, non-slip shoes, like runners.
- ☐ Any assistive devices you have, like eye glasses, hearing aid, wheelchair, cane or walker.