

## Family Conferences

Family conferences can be arranged at the request of yourself, your family or the team. The purpose of this meeting is to share information and/or update rehabilitation goals. Please contact our Social Worker at local 7619 to arrange a family conference.

## Home Assessments

We may suggest a home visit by the Occupational Therapist. The purpose is to assess your home for safety and accessibility and to address any concerns prior to you returning home.

## Discharge

**Discharge planning starts from your first day on our unit.**

When you have reached your maximum level of independence as assessed by the interdisciplinary team, you will be discharged home or into the community.

We usually set a tentative discharge date in advance so that your family is aware of the discharge plans. However, sometimes discharge notice can be given within 24 hours.

Discharge time on our unit is 1000.



Better health. Best in health care.

15521 Russel Avenue  
White Rock, BC V4B 2R4  
(604) 535-4500

Unit	local 4460
Rehab Team	local 7612
Social Worker	local 7619
Community Liason	local 7780

(604) 535-4537 fax  
www.fraserhealth.ca



# Rehabilitation Subacute Unit

At Peace Arch Hospital

Welcome to our 30 bed Rehabilitation Subacute Unit located on the 5th floor. We provide care through a team approach.

Our focus of care is to assist you as you work towards maximizing your independence.



# Rehabilitation/Subacute Unit

## Welcome

### Visiting

Therapy is a high priority. Visiting is encouraged, but please respect therapy sessions that are held between 10am – 12noon and 1pm - 3pm, Monday to Friday.

We encourage visits from family, and friends including children and pets (at the nurses' discretion). We encourage family and friends to take an active role in their loved one's rehabilitation. Please check with staff on how you can best participate.

### Medical and Nursing Care

Your physician will be involved in attending to your medical needs.

The unit is staffed by Registered Nurses and Licensed Practical Nurses who strive for excellence in Rehabilitation nursing. All our assessments, care plans and treatments are rehabilitation focused.

### Rehabilitation

**You are expected to take an active role in your recovery.** Depending on your care needs a Physical Therapist, Occupational Therapist, Rehab Assistant or Recreation Therapist will work with you to work towards your rehabilitation goals.

In addition, a Social Worker, Pharmacist, Speech & Language Pathologist, and Clinical Nutritionist are involved with your care as required. You will also have access to Pastoral care should you wish.

### Clothing and Other Items to Bring

One part of rehabilitation is to dress daily. There is a laundry service available once a week, however we suggest that you label your clothes and that you do not bring in clothes that require special care. Your family may also launder your clothes if you prefer. The following clothes are suggested to allow you to participate comfortably in therapies.

#### You will need:

- Underwear
- Socks
- Tops: loose pull-overs, or front fastening shirts/blouses.
- Pants/slacks: loose-fitting, jogging suits &/or pull-on pants.
- **Shoes are essential:** running or other flat supportive shoes with non-slip soles. No backless shoes or slippers please. Check with rehabilitation staff before purchasing new shoes.
- Please ensure you have enough clothes to allow for a few days wear.

### Valuables/Money

Please do not keep valuables or more than \$5 at your bedside. We cannot assume responsibility for losses. All jewelry should be sent home. Safekeeping is available—ask your nurse.