

Where are the High Intensity Rehabilitation units, and which one will I go to?

Fraser Health has two High Intensity Rehabilitation units. They are located in Port Moody and in Surrey.

Both units accept patients from anywhere in the Fraser Health region.

You will be advised of your admission date as soon as possible. While you are waiting for admission to High Intensity Rehabilitation, you will likely stay in hospital.

Transportation will be provided from the hospital to the High Intensity Rehabilitation unit at no cost to you. Transfers usually occur before 11:00 a.m. on your admission day.

How long will I stay?

You will stay in inpatient rehabilitation as long as you still require inpatient care. Once your care can be managed at home, your rehabilitation can be provided on an outpatient basis; or if you no longer are benefiting/needing rehabilitation, then you will be transferred to a different level of care.

High Intensity Rehabilitation Units

Eagle Ridge Hospital- E1B
475 Guilford Way
Port Moody, BC V3H 3W9
604.469.3122

Surrey Memorial Hospital
4th Floor Laurel Place
9688 – 137A Street
Surrey, BC V3T 4H9
604.930.6804



High Intensity Rehabilitation

Preparing For Your Stay

Rehabilitation Program



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Congratulations!

You are about to take the next big step in your recovery! The Rehabilitation Team has recommended that you be transferred to a High Intensity Rehabilitation unit as soon as a bed is available.

Rehabilitation is an important part of the recovery process for many different illnesses, injuries and surgeries.

Rehabilitation includes a variety of therapies to help you become as independent as possible, as quickly as possible, after your stay in hospital.

What happens at High Intensity Rehabilitation?

Rehabilitation includes a number of different treatments, but the focus of all rehabilitative therapies is to improve 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 become as functionally independent as possible.

High Intensity Rehabilitation provides individual therapy for two to three hours a day, five days a week.

Physicians, nurses, physiotherapists, occupational therapists, rehabilitation assistants, speech language pathologists, social workers, dieticians and pharmacists 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.

Your rehabilitation is about more than just receiving individual therapy; all the staff will help you recover your independence by creating an environment that encourages you to do as much as you can on your own and by helping you return home as quickly as possible.

Other than the therapies, will it be the same as being in the hospital?

It is the same in some ways, and it's different in some ways too.

High Intensity Rehabilitation units are inpatient units, so you'll live in and be provided with meals and any medication you need.

As long as you are covered by the BC Medical Services Plan, there is no cost to you to stay at a High Intensity Rehabilitation unit.

You will be expected to get up and dressed every day, to attend all of your therapy sessions, and to do what you are able to do yourself to gain full benefit of being in the program.

What you'll need from home.

- Comfortable, casual clothes that can be put on and taken off easily.
- Socks and underclothes.
- Supportive, non-slip shoes, like runners.
- Toiletries like a toothbrush, toothpaste, denture cleaner, soap, shampoo, cream rinse, and body lotion.
- Any assistive devices you have, like eye glasses, hearing aid, wheelchair, cane or walker.
- Items for leisure activities like books to read, games to play, or craft supplies.

Please label all of your belongings before bringing them to the unit.

It is suggested that you not bring any valuables with you.