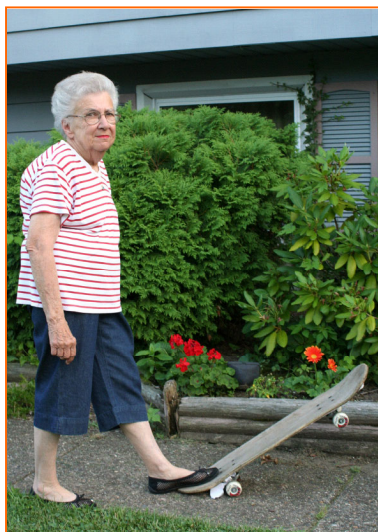


## What if I just don't feel ready to be moved yet?

Being referred for an assessment is just the first step. Even if it is recommended that you move to an inpatient rehabilitation unit, it could be several days to several weeks before that happens.

Be assured that your doctor and care team would not have asked for the assessment if they didn't feel you were ready to take the next step in your recovery.

Remember too, that it is normal for you to feel weaker and more tired than usual right now. As you become more active, you will also become stronger and more energetic.



## Community Rehabilitation Programs

In addition to inpatient rehabilitation programs, Fraser Health also offers rehabilitation services in the community.

It is important that patients get home as soon as possible, as we know you will recover faster in your own home. For patients who would benefit from receiving rehabilitation therapies, and are able to safely return home right away, there are several options.

Day Programs and Outpatient Clinics provide the same types of rehabilitation therapies as inpatient programs.

In some cases, rehabilitation therapies can also be provided in your home, if you are physically unable to go out.

Your care team will look at a variety of options, and perhaps a combination of different programs, to recommend a plan that's best for you.

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## Inpatient Rehabilitation



## Information for Referred Patients

### Rehabilitation Program



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## Introduction

The Rehabilitation Team has been asked to assess whether or not you would benefit from a period of time in an inpatient rehabilitation program. This assessment is expected to occur within the next few days.

This pamphlet provides general information about the two types of inpatient rehabilitation programs, why some patients are referred for assessment, and how the Rehabilitation Team will decide whether or not to recommend that you go an inpatient rehabilitation unit.

If you or your family have any questions, ask any member of your care team.

## What is Rehabilitation?

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

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

Rehabilitation is provided after a patient has recovered in the medical sense, but still needs to recover function and the ability to manage at home.

For some patients, this might mean regaining physical strength after a surgery or extended period of time in bed.

For others it might be learning to speak clearly after a stroke, or walking confidently with a prosthetic leg.

Each patient has different needs, so rehabilitation means something a bit different for each one. The goal though, is the same – to help you become as functionally independent as possible.

## What is the difference between the two types of inpatient Rehabilitation units?

Most patients who are recommended for inpatient rehabilitation go to a **General Rehabilitation** unit. General Rehabilitation provides moderate intensity therapy for one to two hours a day, five days a week.

This includes group activities (like basic stretching and light exercise) and some individual therapy (perhaps with a physiotherapist or occupational therapist).

Patients who need to have several different types of therapies each day, are usually recommended for placement at a **High Intensity Rehabilitation** unit. Many of these patients have suffered severe injuries, and need to have a series of individual therapies for up to three hours each day to recover.

In both types of inpatient rehabilitation units, it is not just individual therapy that is important; all the staff will help the patients focus on independence by creating an environment that allows you to do as much as you can on your own.

## Who decides if I'm going to inpatient Rehabilitation?

Your doctor has said that you do not need to be in the acute care part of the hospital much longer, but that you may not yet be quite ready to go home.

The Rehabilitation Team will review your medical history and how you are doing in your recovery. They will look at your past, present, and potential level of functioning including things like walking around, managing in your home and communicating with others.

If the team believes that you would benefit, they will either recommend that you go to a General or a High Intensity Rehabilitation unit.

## What if I don't go?

There are a number of reasons why you would not go to an inpatient rehabilitation unit. The Rehab team may feel that this program is not able to meet your care needs or they may believe your rehabilitation needs can be managed better in an outpatient rehabilitation program.