

Preparing for Your Stay on Inpatient Rehabilitation

Where is Inpatient Rehabilitation?

We have **6 Inpatient Rehabilitation** units across Fraser Health. You will hear us call our units ‘Rehab’ for short. They are located in Abbotsford, Maple Ridge, White Rock, New Westminster, Surrey, and Port Moody.

We choose the setting and site that can best meet your needs. You might get a bed quickly, but sometimes there can be a delay.

While you are waiting for a bed in one of our units, you continue to work with your care team on your recovery. Your care team continues to monitor your progress. If your care can be safely managed at home, you might go home instead and have follow-up in Outpatient Rehabilitation.

What happens on an Inpatient Rehab unit?

Inpatient Rehabilitation provides:

- Individual therapy and group activities
- Education and instruction for both you and your support network on activities to practice outside of therapy times, such as home exercise programs, mobility practice, or any tasks you will need to do to go home
- 24/7 rehab nurses
- An environment that promotes you to become as independent as possible in order to return home as quickly as possible



Who is my Rehab Care Team?

- Doctors
- Nurses
- Pharmacists
- Physiotherapists
- Occupational Therapists
- Rehabilitation Assistants
- Speech- Language Pathologists
- Social Workers
- Dietitians



How long will I stay?

How long you stay depends on what you need and what your recovery goals are. Your Rehab Care Team talks with you regularly about your needs and goals.

Once your care can be managed safely at home and your rehabilitation can be done as an outpatient, you will be discharged home

Sometimes rehab is no longer a benefit for a person and there are challenges with returning home. If this happens to you, you might be transferred to a different level of care in your own community

What is expected of me in Rehab?

- Fully take part in all therapies and activities.
- Do as much for yourself as possible while staying safe.
- Get up, wash, and dress in your own clothes.
- Eat meals in dining room (if available) or up in a chair.
- Practice exercises given to you by your Rehab Care Team.
- Talk to your Rehab Care Team about what is important to you.
- Talk to your Rehab Care Team about the plan to return home.
- Keep your bedside clean, tidy, and free of clutter at all times. This is for your safety and limits the spread of germs
- Treat others with dignity and respect, without discriminating in any way.



What will I need to bring?

- Comfortable, casual clothes that can be put on and taken off easily (elastic waist pants, loose tops)
- Socks and underclothes
- Supportive, non-slip shoes, like runners
- Toiletries like a toothbrush, toothpaste, denture cleaner, soap, shampoo, deodorant, and razors
- eye glasses
- hearing aid (and spare batteries)
- mobility device such as wheelchair, cane, or walker
- Items for leisure activities like books to read, games to play, or craft supplies, charger for your phone.
- _____
- _____
- _____

Note:

- Please label all of your belongings before bringing them to the unit.
- Bring only what personal belongings you need – storage space is limited
- We are a scent free facility. Please leave all scented products at home.
- Let your nurse know if you have any medicines or herbal remedies with you from home.



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