

We can help you get back to doing activities such as the following:

- ✓ Moving around in your home
- ✓ Doing your personal care, such as using the toilet and bathing
- ✓ Making meals
- ✓ Doing exercises
- ✓ Taking your medicine

We can support you to re-connect with your family and friends.

We can help you feel confident to go out of your home and into your community.

We can give you information about support services in your community.



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Tri-Cities Reablement Program

Phone 236-332-2590

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca

Reablement Program

Port Moody ♦ Coquitlam ♦ Port Coquitlam



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What is Reablement?

Reablement is a service offered in your home to help you regain your independence after a short illness or injury. The service goes for a limited amount of time.

The focus is on helping you to do the following:

- ✓ Stay as independent as possible
- ✓ Be confident taking care of yourself at home
- ✓ Improve your health and keep it stable
- ✓ Lessen the chance you need to return to the hospital

Reablement services help you regain the skills and confidence to do the daily activities you were doing before you were injured or sick.

Who can benefit?

We help older adults who have had a short illness or injury and want help to get back to doing their everyday activities.



Who provides the service?

Our team includes a physiotherapist and a rehabilitation assistant.

What can I expect?

We start to work with you soon after you come home from the hospital.

We come to your home frequently and work with you or the people who care for you to meet your activity goals.

While we are at your home, we help you to do as much as possible for yourself as you re-build your confidence.

We might suggest that you buy or rent equipment that can help you be independent in your home. We can guide you in getting the equipment.

Our service is a short-term program to help you move towards your goals. When our program is complete, we can connect you with other services to help you.