



Welcome to Worthington Pavilion Rehabilitation Unit

Abbotsford

**Getting people home safely with
patient centred care**

Rehabilitation Program

Worthington Pavilion

33457 Cottage Lane, Abbotsford, BC V2S 0B3

(604) 870-7999 or (604) 217-3883

For more information about the Rehabilitation Unit,
please contact our Unit or Patient Care Coordinator.



About the Unit

Worthington Pavilion Rehabilitation is part of our regional rehabilitation program. We are located in a short-stay unit, within the Worthington Pavilion.

We provide an environment that encourages you to be as independent as possible. We help you plan for a safe return home. We encourage you to take an active role in your recovery.

Our unit has 25 beds with shared bathrooms. We also have a TV lounge with cable TV for your use.

We have educational material relating to many health issues available. Please feel free to bring your own books and electronic device with earphones.

This care is covered by your Medical Service Plan (MSP).

We have a smoke-free policy. This means smoking is not allowed in any of our buildings or on surrounding property. It includes electronic cigarettes and smoking cannabis.

Note: People often refer to rehabilitation as ‘rehab’

Our Approach to Care

We offer 24 hour nursing care.

Your medical team consists of doctors and/or a specialist (called a physiatrist – a doctor who specializes in physical medicine and rehab).

Your rehab team can include a:

- physiotherapist
- occupational therapist
- rehabilitation assistant
- speech language pathologist
- social worker
- pharmacist
- home health liaison
- patient care coordinator
- dietitian

People usually stay between 2 to 6 weeks. Based on your needs, we create a treatment plan and involve the necessary team members. Your rehab treatment happens Monday through Friday. We encourage you and your family to practice what you have learned from your team.

Tests such as x-rays and scans are done at Abbotsford Regional Hospital (ARH).

If a medical emergency occurs, you will be transferred to ARH Emergency by ambulance. We might ask a family member to go with you.

What you need to bring?

- Comfortable clothing that can be put on and removed easily
- Supportive, non-slip shoes are needed for safe movement on the unit & to prevent falls
- Personal toiletries such as toothbrush, toothpaste, comb, shaving kit

We might ask for your mobility aid such as wheelchair, cane, walker to be brought in from home closer to the time you are ready to leave.

Please label all your belongings. Leave valuables at home. Send home items you don't need. Space is limited.

Planning to go home

When we feel you are close to meeting your recovery goals, we work with you to estimate the day you could be ready to go home. We regularly review your progress and goals with you.

Please note: You could go home any day of the week. Arrange for someone to pick you up, preferably before 11:00 a.m.

Your rehabilitation might continue in the community, monitored by community rehabilitation staff. To help plan for going home, we might arrange for:

- a family care planning meeting
- a home safety assessment by an occupational therapist,
- an assessment by Home Health

We provide instructions, resources and referrals as needed to help you manage at home.

www.fraserhealth.ca

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

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To order: patienteduc.fraserhealth.ca