

How do I know what to practice?

Always talk to your therapists about your personal therapy goals.

Your therapists let you know what is safe to practice on your own and what you might still need some help with (for safety reasons).

We adjust your homework tasks as you improve or when you think you might want to try a new activity. The more your tasks are meaningful to you and your life:

- The more likely you are to practice them regularly.
- The more likely your brain will respond to them in a positive way.

Weekend passes

This is an opportunity to practice using all the equipment we have prescribed, getting yourself into and around your home, taking your medications, and completing familiar activities in new ways.

It is also an opportunity for you to find out what you might have trouble with at home. Tell your therapists about the tasks you have trouble with or find it hard to do so your therapy sessions can focus on these tasks.

To learn more about our '24 Hour Rehab Culture', ask anyone on your care team.

For more information about stroke:

**The Heart and Stroke Foundation
of Canada** heartandstroke.ca

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



What to Expect in High Intensity Rehab



What is 'high intensity'?

'High intensity' is about focusing on your rehabilitation 24 hours a day. We call it living in a '24 hour Rehab Culture'.

Living in a 24 hours Rehab Culture means:

- Actively taking part in your rehabilitation plan, every day.
- Learning skills and habits that will help you to continue your recovery after going home.
- Practicing the skills you have learned during therapy.
- Practicing those skills with nursing staff as well as those family members who have been trained.

Your care team is here to support you and encourage you as you do tasks on your own.

What will I be expected to do?

We ask you to do as much of your own personal care as possible and safe for you to do. It is also best to be as active as possible each day.

Goals each day:

- Get ready in the morning, including cleaning your teeth.
- Get up to use the toilet.
- Eat all your meals in the dining room.
- Attend all scheduled therapy sessions.
- Get yourself to and from the dining room and therapy sessions.
- Spend most of your day out of bed, depending on your energy level.
- Do the 'homework' tasks given to you.

Examples of homework tasks:

- Stand at the sink (if safe) to brush your teeth, comb your hair, put on your makeup, shave your face, etc.
- Each day, go for a number of walks in the hallway (or circuits in your wheelchair).
- For periods of time during the day, sit up in your chair away from backrest support or sit at the edge of the bed (if safe).

Use your time in the evenings and weekends to:

- Do all your homework tasks.
- Schedule your own activities.
- Learn more about your condition and recovery.
- Practice communicating with others.