



What you need to know about rehabilitation:

- Every person comes with their own needs and goals
- A plan will be made between you and your health care team for your recovery
- Some people will get back to their previous level of activity, but many patients will have to change their lifestyle
- Rehabilitation occurs at every moment. We will encourage you to maximize your independence with every daily activity

What you should bring:

- Comfortable, loose-fitting clothes
- Shoes with non-slip soles
- Toiletries, hearing aids, dentures, glasses, incontinence products
- Familiar items are often helpful such as pictures or a clock

Your typical day on the rehabilitation unit:

- You will get out of bed for all meals. If there is a dining room to eat in, you will walk or push your wheelchair to the dining room. This helps to build your strength
- You will dress yourself in your own clothes. Staff will help you if needed
- Staff will support you by having you use the washroom
- You will participate in the therapy sessions available to you

How to contact your health care team:

- Your family can call us with concerns or questions if they are unable to be in the hospital
- We suggest one family member be responsible for providing updates to others on your behalf

Planning for you to go home:

- On the rehabilitation unit, it is the expectation that you will go home
- A date for you to go home will be written on the white board in your room within a few days of being admitted to the hospital
- A Care Coordinator from Home and Community Care may meet with you before you go home
- Speak to your health care team about concerns you have as early as you can. They are here to help!
- Rehabilitation continues beyond our walls. You will continue to improve in your own home

Tips to help you recover:

- Be honest. Share your concerns with your health care team
- Repeat back in your own words the instructions provided to you
- We encourage you to ask questions and be active in your own health care

Your family can help you by:

- Cheering you on!
- Attending therapy sessions to help you prepare for home, if appropriate
- Continuing activities with you at home
- Communicating with your health care team
- Purchasing recommended equipment for you prior to going home, if necessary
- Attending a discharge support meeting, to talk about going home, if one has been booked for you

For more information, visit:

www.lakeridgehealth.on.ca/InpatientRehabilitationUnits

OR scan the QR code below

