Getting to your appointment:

You and/or your caregiver(s) will need to plan your own way to get to and from appointments (for example: family, friends, Taxi, Uber, Lyft, Community Care Durham, Durham Region Transit (DRT) Specialized Services).

Pay & Display Parking is available in Lot B. The Pay & Display Parking meter is approximately 200 feet/ 60 meters from the Main Entrance. Patients can be dropped off at the Main Entrance.

Directions:

Our clinic is located within Lakeridge Health Whitby.

- 1. Enter from the Main Entrance (north side) on the Ground Floor, near the cafeteria
- 2. Check in at the Reception Desk just inside the Main Entrance

Ambulatory Rehabilitation Centres Lakeridge Health Whitby 300 Gordon Street Whitby, ON, L1N 5T2

Phone: 905-668-6831 ext. 53079

Fax: 905-665-2414

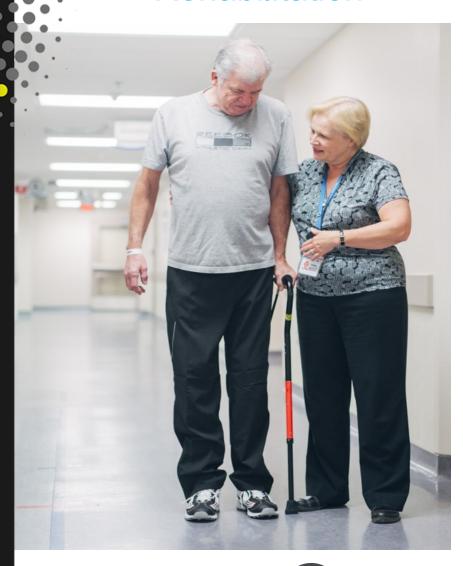
www.lakeridgehealth.on.ca





Ambulatory Rehabilitation Centres:

Outpatient Neurological Rehabilitation





Ambulatory Rehabilitation Centres: Outpatient Neurological Rehabilitation

What we do:

Our team offers outpatient therapy to people with a neurological condition. We will work to help you reach your goals to regain as much independence as possible.

We offer in-person, virtual and telephone visits.

You may be eligible for our service if you have had:

- A recent stroke
- A recent brain injury
- · A new neurological condition or event

To be eligible, you must be:

- Over 18 years of age
- Referred by a doctor
- Medically stable
- Able to take part in therapy
- Able to arrange own transportation to our clinic



We can help you:

- Re-learn daily activities
- Improve your memory and thinking skills
- Improve your movement and balance
- Improve your walking and endurance
- Improve your ability to speak, read and write
- Link with community services and supports



Your healthcare team:

Your healthcare team may include one or more of the following members:

- Occupational Therapist
- Speech-Language Pathologist
- Physiotherapist
- Occupational Therapy and Physiotherapy Assistant

What you can expect:

- Your first appointment will last about 1 hour, per therapist.
- How often you attend therapy appointments and how long you are in the program will be determined by you and your therapists.