

Dear Patient and Family,

You will be going to a rehabilitation hospital as the next phase of your recovery. Here are some important things for you to know about your stay in rehab:

✓ ***You and your family are members of the rehab team.***

It is important for you and your family to work closely with the team so that you can get stronger and be as independent as possible for a safe transition back into your community.

✓ ***Be ready to participate as soon as you get to rehab.***

To help you be as active as possible, wear clothing that is easy to move in and get on and off. Running shoes are important to wear for therapy and during other activities. Personal care items such as a brush/comb and toothbrush etc. are also necessary.

You will be working with your rehab team to decide the types of activities and exercises that will help you and your family reach your goals as quickly as possible.

✓ ***Planning for your return home starts as soon as you arrive.***

To make sure you are prepared, the rehab team starts planning for this transition as soon as you arrive. A detailed assessment of your abilities will help the team decide how long you need to stay in rehab. Your assessment results are compared to thousands of other Canadians with a similar condition to yours. Your team will discuss your expected length of stay with you as soon as it is determined. Each person is different and your stay could be as short as 7 days. Most people are discharged from rehab by the 4<sup>th</sup> week.

Your rehab team may work with the Home and Community Care Support Services (HCCSS) staff to decide the services and equipment you may need to safely return to living in your community.

✓ ***You may need rehab after you leave***

Rehab in the hospital will only be a small part of your recovery. Recovery continues after you leave the hospital. The rehab team may suggest further outpatient therapy and/or services in your home depending on your needs.

Regards,  
Your Acute Care Team