

Dear Patient and Family,

Rehabilitation is important

Your acute care team and the outpatient team have worked together to arrange your outpatient stroke rehab. The goal of the outpatient program is to help you be as independent as possible and participate in activities when you are back in the community. Recovery from a stroke is ongoing and you have the best chance of recovery during the first few months after your stroke.

Here are some important things for you to know:

You have been referred to the outpatient rehabilitation program at:

Your first appointment date is:

Date:

Time:

If you need to change or cancel this appointment, please contact:

Name:

Phone:

Please note: a 24 hour notice of cancellation is required, or a fee may be charged.

How will this help me?

- ✓ It is important to continue rehab after your discharge from acute care or an inpatient rehab setting. Your brain is most likely to recover during this early period of time.
- ✓ Your outpatient rehab program is designed to meet your needs so you can learn to adjust to any changes, manage your health, and access resources in the community.
- ✓ *You and your family are members of the rehab team.* It is important for you and your family to work closely with the team to decide the activities and exercises that will help you be as independent as possible.
- ✓ Recovery from stroke is ongoing and you will need to continue even after your outpatient rehab program is finished.

Who will I see?

- ✓ Your team could include: Dietitian, Occupational Therapist, Psychiatrist (physician specialized in rehabilitation), Physiotherapist, Speech-Language Pathologist and Social Worker as needed.

How does it work?

- ✓ After you go home, you will need to attend appointments at an outpatient centre, 2 to 3 times a week (or as decided by you and your care team).
- ✓ Appointments will be in-person or by video (virtual).
- ✓ The length of time you will attend the program will depend on your rehab needs/goals.

What do I have to do?

- ✓ *Be ready to participate as soon as you get to rehab.* Wear clothing that is easy to move in. Running shoes are important to wear
- ✓ If you have video appointments, make sure your technology works
- ✓ If English translation is needed, speak to the team about bringing a friend or family member to help during the appointments.
- ✓ Attend all your appointments
- ✓ Practice what you learned at the rehab sessions in your home. Let your team know if you have any difficulty or questions

Transportation?

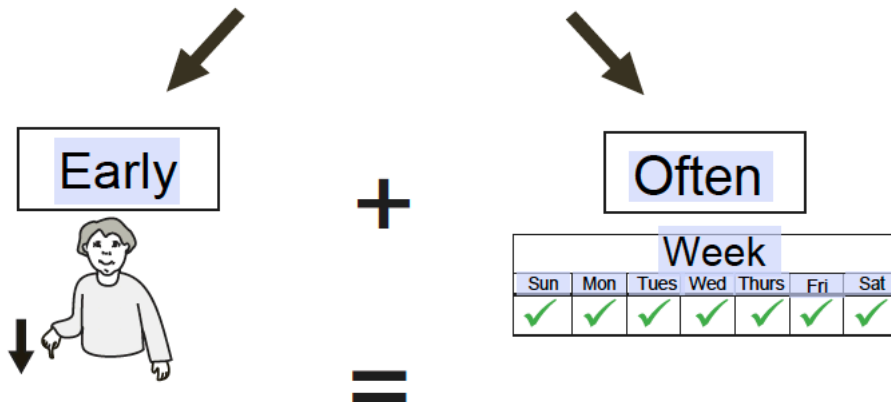
- ✓ For in-person appointments, arrange reliable transportation so you can go to your appointments.
- ✓ Before you leave the hospital, work with the care team to make sure you have a plan for transportation.
- ✓ Additional information about transportation and other resources can be found at www.torontocentralhealthline.ca under the stroke resources button (usually at the bottom of the page).



Stroke Rehabilitation



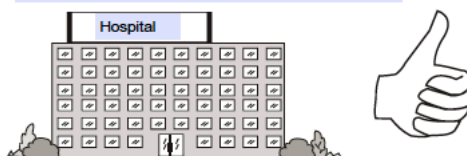
Research says



Best chance of Recovery



Don't wait!



Hospitals are safe