

**Welcome to the
Community Stroke Rehabilitation Program
at Brockville General Hospital**



**Brockville General
Hospital**

Right here, with you.



strokenetwork
SOUTHEASTERN ONTARIO

CLINIC LOCATION: The Community Stroke Rehabilitation Clinic is located on the main level of the hospital. Our clinic is in the Outpatient Physiotherapy Clinic, across from the hospital cafeteria.

APPOINTMENTS: To schedule or reschedule your appointments, please contact the Community Stroke Rehabilitation Clinic: **(613) 345-5649 ext. 51310**

REGISTRATION: Before each visit you will need to register at Patient Registration. Please arrive 15 minutes early for your appointments to allow for the registration process. After registering, please go to the Outpatient Physiotherapy Clinic waiting area. The rehabilitation team will meet you at your appointment time.

NO SHOW POLICY: If you miss **3** appointments without contacting us to provide a reason, you will be discharged from the Community Stroke Rehabilitation program.

GOAL SETTING: Please complete the goal setting worksheet prior to your first appointment or following your first appointment.

ADDITIONAL QUESTIONNAIRES: The “Stroke Impact Scale” can be completed within the first week of attending our program. The Stroke Impact Scale is located at the end of the welcome package.

FIRST APPOINTMENT: During your first appointment, our team will discuss your goals and how many future visits you may need. Typically, appointments are 50 minutes in length and are scheduled in 4-week intervals that include 1-3 visits per service each week.

WHAT TO BRING: Wear comfortable clothing and shoes. Please bring your health card & your patient binder with you. Please bring any mobility aids or devices that you normally use (such as canes, walkers etc.) At your first visit, bring a list of your current medications to keep on file.

CONSENT: You may request to withdraw from the program at any time. Your team can help determine alternate options for you.

TOILETING: There are accessible bathrooms on site for use. If you need assistance with toileting, we require you bring someone with you who can assist you.

PARKING RATES: Please see the Parking & Access handout below for additional information about visitor lot location and payment process.

INFECTION CONTROL: Please clean your hands when entering and leaving the hospital. If you are feeling unwell or develop a cold or respiratory symptoms, please call the CSR Clinic to reschedule your appointment(s). If you have family, friends or caregivers attending your appointment, please ensure they are feeling well.

SCENT AWARENESS: Brockville General Hospital is a scent minimized environment. Please do not wear perfume, cologne or other scented products.

COST: The Community Stroke Rehabilitation Clinic is funded by Ontario Health and there is no charge to you. You may be asked to pay for optional supplies (such as exercise bands, therapy putty, splinting supplies).

WORKING TOGETHER: Stroke recovery is optimized when you and your healthcare team work together toward your unique goals. If you have questions or concerns about your progress or care plan, please speak to a member of our team. The safety of patients and staff is a core value of Brockville General Hospital, and we all help to create an environment of shared respect.

FEEDBACK & QUESTIONS: Feedback about your experience with Brockville General Hospital is important to us. This information helps us to continuously improve the quality of our patient care and the services we provide. The Brockville General Patient Experience Survey is available at the survey boxes posted throughout the hospital. If you have compliments, complaints or concerns, please share them with us at: PatientRelations@brockvillegeneralhospital.ca



Meet Brockville General Hospitals Community Stroke Rehabilitation Team

Our multidisciplinary team will work closely with patients, families, and caregivers to support your recovery every step of the way!

Community Stroke Rehabilitation Program Guide

What is the Community Stroke Rehabilitation program?

Returning to the community after a stroke can be a challenging transition for you and your family or caregivers. Stroke research has found that high intensity, specialised rehabilitation for up to 12 weeks following discharge from the hospital results in the best recovery. The Community Stroke Rehabilitation program offers intensive Physiotherapy, Occupational Therapy, Speech Therapy, and Social Work services to support you in returning to what matters most. Our focus is on giving you and your family all the support and education you need to manage life after having a stroke.

Benefits of the program

- ✓ Improves continuity of care when transitioning from hospital to home.
- ✓ Services such as assessments are tailored towards everyone's unique needs.
- ✓ Varied therapeutic interventions are utilized to address all aspects of recovery.
- ✓ Education is provided to family and care givers to enhance the knowledge on managing post-stroke challenges and successfully transition to community life.
- ✓ Prevent readmission to the hospital.

Who is eligible?

If you have had a stroke in the last 12 months, you may be eligible for the program. A doctor's referral is required. To be considered for the program you must:

- Be over 18 years of age
- Be medically managed
- Have rehabilitation goals
- Be able to commit to and tolerate the therapy sessions
- Have access to transportation for appointment

Services Offered

This program offers a variety of services to individuals who have had a stroke. Services are tailored to your needs and may include one or more of the following professions:

Occupational Therapy

- ✓ Thinking and visual perceptual assessment or retraining
- ✓ Daily living skills
- ✓ Equipment recommendations and prescription
- ✓ Upper extremity function

Physiotherapy

- ✓ Functional mobility and balance retraining
- ✓ Range of motion and strengthening activities
- ✓ Physical conditioning and endurance
- ✓ Recommendations for ongoing exercise at home or in the community

Speech-Language Pathology

- ✓ Assessment and treatment
- ✓ Language (listening comprehension, verbal expression, reading or writing)
- ✓ Cognitive communication (memory, reasoning, problem solving, organizing)
- ✓ Swallowing

Social Work

- ✓ Individual and family adjustment counselling
- ✓ Linkages with community resources
- ✓ Assistance with securing financial support

Parking

Daily or monthly parking passes are available at our Business Offices or by calling 613-345-5649 ext. 51542.

Visitor Parking Lot:

Visitors may access our Charles Street site from Ormond Street.

- The entrance to the visitor parking lot is straight ahead.
- You may also access our traffic circle to drop a loved one off at our main entrance. Please follow the signage to return to Charles Street. Note, the patient pick-up and drop-off zone is for active use only. If you need to park, please use the visitor parking lot.
- Please see the diagram below, follow the blue arrows.

Emergency Department Parking Lot:

- Visitors may access our Charles Street site from Ormond Street.
- The entrance to the Emergency parking lot is on your right.
- Please see the diagram below, follow the yellow arrows. Please do not block the emergency vehicle lane.
- This parking lot is intended for patients coming to the Emergency Department.

Hospital Permit Parking Lot

- Patients with a valid parking permit may access our Hospital Permit Parking lot from Charles Street.
- Follow the traffic circle to access the parking lot.
- Display your validated Hospital Parking Permit on the rear-view mirror of your vehicle. Please note, vehicles not displaying a valid parking permit will be ticketed.
- Please see the diagram below, the Hospital Permit parking lot is marked by the yellow box.

Parking Rates

Please collect your ticket when entering through the parking gates and bring it with you into the building. Pay stations will be available inside the main entrance and inside the emergency entrance. Pay machines will accept cash, credit, and debit. Payment at the parking gates is also available by credit card (Visa and MasterCard), only.

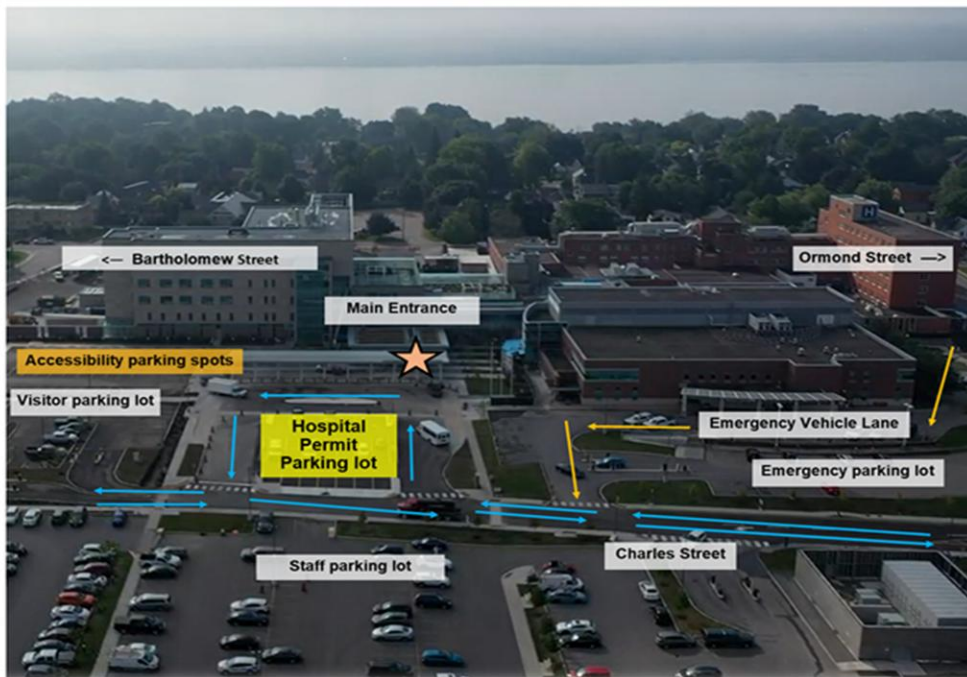
There is no fee for parking during the first 20 minutes.

From 20 minutes to 1 hour the cost is \$3.50, with each additional partial or full hour \$2.50 is added. Our daily maximum is \$9.25.

Questions may be directed to 613-345-5649 ext. 51542.

For unlimited access, purchase a day pass to enter and exit the parking lot.

- 1 day pass (unlimited access) is \$11.50
- 5 day pass (unlimited access) is \$23.50
- 10 day pass (unlimited access) is \$44.50
- Lost ticket is \$10.50



Contact Us

To learn about the Community Stroke Rehabilitation Program please call (613) 345-5649 ext. 51310.

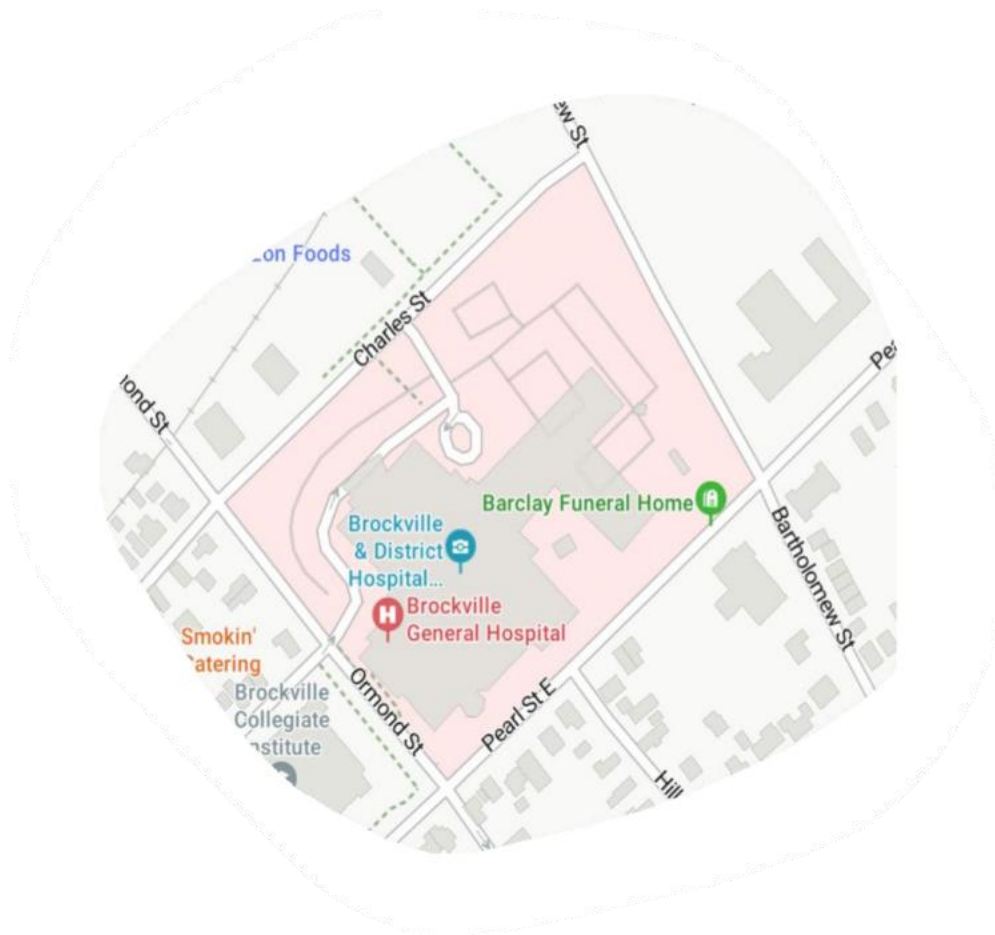
Brockville General Hospital Address: 75 Charles St., Brockville, ON K6V 1S8

Phone: (613) 345-5649 ext. 51310

Fax: (613) 342-1566

Email: brghcsr@brockvillegeneralhospital.ca

Website: www.brockvillegeneralhospital.ca



Rehabilitation Goals

***Please bring this completed form to your Assessment and Goal Setting appointment**

Due to your current health issue, what **activities** are **difficult** and **most important** to you **right now**?

Check off the most important goals you would like to work on at
Community Accessible Rehabilitation (CAR).

Communicating With Others:

I want to work on:

- Speaking **clearly** or **loudly**
- Finding** the right **words**
- Following a** conversation
- Understanding** or remembering what I **read or heard**
- Using my **cell phone** or **computer / tablet**
- Writing**
- Other: _____



Taking Care of Myself and Others

I want to work on:

Taking care of myself:

Dressing

Feeding

Bathing / showering

Brushing **teeth, shaving**
or **hair** care



Remembering things that I need to do:

Appointments

Taking my medication

Doing **household activities**:

Making meals

Getting groceries

Doing laundry or cleaning

Yardwork

my home

Home repairs

Organizing, scheduling, and **planning** my day to day activities

Focusing to complete a task

Having the **energy** to do all the activities I need to do

Other: _____



Moving Around

I want to work on:

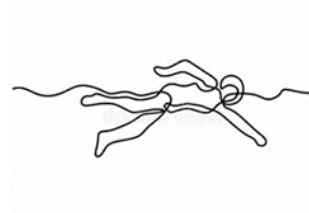
- Getting **in** and **out** of a bed, tub, shower or vehicle
- Getting **up** from a **chair** or the floor
- Moving around in my home or community
- Other: _____



Participating In Activities That Are Important To Me:

I want to work on:

- Returning to:**
 - A **job** that I currently have
 - School**
 - Physical activities**
 - Hobbies** or quiet activities I enjoy
- Getting where I need to go in the community:
 - Driving**
 - Taking a bus, C-train, or Calgary Transit Access
 - Finding my way** around in my community



Other: _____

Connecting With Other People:

I want to work on:



- My relationships with family, friends or co-workers
- Being in **large groups, crowds, or busy environments**
- Participating in **community activities or social events**
- Connecting with a **support group** for people who have my diagnosis
- Intimacy / sex** with my current partner(s) since my diagnosis
- Controlling my emotions
- Coping with my feelings of:
 - Sadness**
 - Worry**
 - Stress**
 - Irritability or anger**
 - Loneliness or isolation**
- Other: _____



*****Please bring this completed form to your Assessment and Goal Setting appointment.**