

Rehabilitation care

Post-acute physical healthcare

You're here to regain your strength. You've recently left the hospital, or you can no longer stay in your usual living environment. Your health condition is stable, but you still need help before you can safely return home or to your usual living environment.



A team here to support you

A rehabilitation team of several healthcare professionals will support you at every step with:

- support for your health, emotional well-being and daily life
- help with moving around and doing your activities safely
- simple advice about nutrition, personal care and pain management
- personalized follow-up based on your needs and goals
- ongoing support before, during and after your services

A doctor may be available to monitor your health, but we may also communicate with your family doctor.

Your role

Your participation is very important.

You will:

- help the team set simple, specific goals (e.g., walk for 10 minutes without assistance, climb 5 steps using a handrail)
- take part in the suggested activities
- do the exercises recommended by your care team
- tell us how you're feeling
- ask questions when you need to

Your stay

The services you receive are adapted to your needs, based on the services available.

Transitional functional rehabilitation unit (UTRF)

- You'll receive rehabilitation services 2 to 3 times a week from different healthcare professionals.
- You'll work on regaining your strength and mobility so you can return home or to your usual living environment.
- You'll learn how to move around, take care of your personal hygiene, and get dressed on your own, or with help based on your abilities.

Assessment and referral program (PEIO)

- You'll receive rehabilitation services once a week.
- You'll learn how to move around, take care of your personal hygiene, and get dressed on your own, or with help based on your abilities.
- The team will assess whether you're able to return home or to your usual living environment.
- If needed, the team may recommend another living environment that better meets your needs.

Intensive functional rehabilitation unit (URFI)

- You'll receive rehabilitation services 4 to 5 times a week from different healthcare professionals.
- You'll work on regaining your strength and mobility so you can return home or to your usual living environment.
- You'll learn how to move around, take care of your personal hygiene, and get dressed on your own, or with help based on your abilities.

Convalescence service (Recovery care)

- You'll stay here to recover after a difficult hospital stay or illness.
- You'll regain your strength so you can get back to your daily activities, such as cooking, bathing, or cleaning.
- This is a temporary service while you wait to be transferred to another program, such as UTRF, URFI, or PEIO.

What to bring with you:

- ☐ Your health insurance card and hospital card
- ☐ Comfortable clothing for 7 days
- ☐ Closed-toe shoes
- ☐ Pyjamas and non-slip slippers
- ☐ Toiletries (toothbrush, soap, razor, hairbrush, nail clippers, etc.)
- ☐ Incontinence products, if needed (protective underwear, pads, etc.)

Your medications

Your medications must come from a pharmacy, and you're responsible for paying for them.

They must be in a pill organizer. This will help you take the right medications at the right time.



Important reminders

- Don't take any other medications without your care team's approval.
- Let us know if there are any changes to your medication.

Choosing a pharmacy

- During your stay, our team will suggest a pharmacy that offers medication delivery and pill organizers.
- This support is temporary.
- You can always choose to use your usual pharmacy instead.

Fees

Accommodation is free for the first 30 days. After that, there's a daily fee of \$15 for:

- Transitional functional rehabilitation unit (UTRF)
- Intensive functional rehabilitation unit (URFI)
- Assessment, intervention and referral program (PEIO)

A daily fee of \$15 is applied to:

- Recovery care
- End of rehabilitation
- Waiting for placement in another living environment

You're responsible for arranging and paying for the following, as needed:

- TV and Wi-Fi access
- Hairdressing and foot care
- Medications and personal care products
- Dressings (bandages)
- Nutritional drinks (Ensure, Boost)

Meals and visits

- Meals are served three times a day.
- Visitors are welcome, but some rules apply. Please ask the care team for more information.
- Some locations offer laundry services. If not, your clothes will need to be washed at home.

Discharge

- If you're not in the PEIO program, the care team will give you an estimated discharge date during your first week.
- Your care team will decide your discharge date with you.
- You'll leave at 9 a.m. on discharge day.

Appointments

- A family member or loved one must accompany you to your medical appointments. Otherwise, your appointment may need to be rescheduled.
- You're responsible for arranging transportation to your appointments. A family member or loved one must provide transportation.
- Paratransit (accessible transportation) is available for a fee. If you need paratransit, please speak with someone at reception.

Questions?

Talk to your care provider.

We provide personalized care to help you return home safely!



Notes