

2012

Moving to Rehab

Moving to Rehab

Introduction

This booklet is designed to answer some of the questions you may have as you move from the Halifax Infirmary or Victoria General (VG) to the Nova Scotia Rehabilitation Centre (NSRC). The staff at the NSRC will help you build upon the work that you are already doing at the Halifax Infirmary/VG.

Where is the NSRC?

The main entrance to the building is 1341 Summer St. and it is open from 7:00 am until 5:00 pm Monday - Friday. A second entrance is at the rear of the building, off the parking lot on University Ave. You can get into the building through this entrance 24 hrs a day.

When will I be going?

You will go to the NSRC when a bed becomes available. Often there is little notice before it is time to go. The staff at the Halifax Infirmary/VG will make every effort to tell you and your family about the move as soon as possible. Expect the move to happen before 1:00 pm. Staff will help you pack your belongings and arrange a drive to the NSRC.

What should I bring?

Please bring:

3-4 changes of comfortable clothes and PJs.

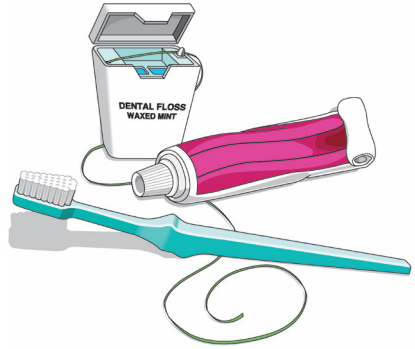
Sturdy, non-slip shoes (like sneakers) and slippers.

Personal care items such as shampoo, toothpaste/ toothbrush, shaving gear, deodorant and a hair brush.

The NSRC is scent-free. Please do not bring or wear scented products.

There are clothes washers and dryers on the fourth floor for patients and family to use.

We suggest that you leave credit cards, jewelry, and other costly items at home. Bring only a very small amount of cash. Capital Health is not responsible for any items that may go missing from your room or other areas of the hospital.



Do I take the equipment I am using at the Halifax Infirmary/VG with me?

Please take these things with you:

Wheelchair, arm sling, or hand splint given to you by the Occupational Therapist.

Homework binder from the speech language pathologist.

Leave all other equipment at the Halifax Infirmary/VG.

This may include a walker, weights, foot splints, a reacher, dressing aides, movies, book holders, or card holders.

The staff at the NSRC will work with you to decide your equipment needs when you arrive. They will help you get these items for your use at the NSRC.

When I arrive at the NSRC will I receive more information?

Yes. The unit clerk will ask you some questions and register you. Please have your health card ready.

You will be taken to your room to settle in. Staff will help you unpack, tell you about what you can expect during your stay, and show you around the unit.

You will receive a Welcome to the Nova Scotia Rehabilitation Centre booklet. This booklet explains the rehabilitation approach and will give you some general information about your care and your stay at the NSRC. In this booklet you will find details about telephone, TV, and internet hook-up as well as the cafeteria hours.

If you move to the 7th floor, you will receive a My Rehabilitation binder. This will be a place for you to store the things you learn during your stay at the NSRC that will help you prepare for going home.

What kind of room will I stay in?

The NSRC has some private rooms, a few semi-private rooms, and some four bed wards. It would be helpful for you and your family to find out before your move what type of room your insurance will cover. Different insurance companies cover different things.

It is important to know, that even with insurance coverage, it is not always possible to get the room you prefer.

Who will provide my care?

The people you will meet will be different from those you

know from the Halifax Infirmary/VG. However, the roles that you have become used to will stay the same.

You will receive care from a physiatrist who is a doctor specializing in rehabilitation. The nurses on the unit will work with you towards gaining independence with all your care needs.

You will meet with many staff members who will be important to your individual rehabilitation needs. They may include: a dietitian, an occupational therapist, a speech language pathologist, a physiotherapist, a recreation therapist, a social worker, a therapeutic assistant, a psychologist, a personal care worker, a licensed practical nurse, a registered nurse, a physician, a spiritual care worker, and other specialists that may be needed to help you reach your goals.

How long will I be in Rehab?

This will be different for everyone. How long you stay will depend on your rehab needs.

What will my day look like?

One of the goals is to help you to return to a daily routine. Your weekly schedule will be posted in your room. Each day, you will be asked to wash and dress yourself (with help as needed).

The rehab staff will show you the different areas where your therapy sessions will take place.

They will help you make your way to the therapy sessions

Watch for details in the next Activity Challenge!		Hants in Motion Active Living Opportunities June 2007		Watch for details!	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

until you are able to make your way on your own. Your therapists will work with you to decide when the time is right for this.

Your schedule will depend on the number of therapies you need and your rehabilitation goals. Therapy sessions will be planned to allow for rest and practice of skills learned during the day.

You will also have time to yourself so you may wish to bring books, music or other hobbies that you enjoy.

It is important that you and your family practice your exercises on your own outside of therapy sessions. This will make sure that you get the best results from your sessions.

Will my meals be different?

Your meals will continue to come from the same kitchen and the menu will be the same. You will not have a choice in your meals for the first day or two until you have a chance to fill in a NSRC menu. You will get your menu at noon and it will be picked up at supper time. On the 7th floor, meals at lunch and supper are served in the dining room. Meals are delivered to your room on the other rehab floors.

Does therapy happen on the weekends?

Yes. The recreation therapy staff work 7 days per week and programs take place in the afternoons and evenings. The recreation therapy staff will meet with you to talk about what programs will meet your goals. Therapeutic

assistants work in the evenings and on weekends to help you with practicing the skills and routines that you are learning. The nursing staff and medical staff are also available 24 hours per day to provide you with support and care.

The weekend is a great time for you and your family to practice your exercises on your own. Your therapists will give you activities that you can do on your own in the evening and on the weekend.

Can my family get involved?

Your family is anyone you tell us is an important part of your rehabilitation. Those closest to you have a large part to play in helping you reach your goals. Families are key to the planning of your discharge home.

If you agree, your family will be asked to join you at family meetings and help with your goal setting. Family is also asked to take part in some of your therapy sessions to learn how to help you practice and use your skills.

You may have several chances to go on evening and weekend passes with family when you are ready. Weekend passes are important for practicing what you have learned at NSRC in your home.

What if I have more questions?

Speak with your health care team at the Halifax Infirmary/VG. We will help you find answers to the questions you and your family may have as you prepare to move from the Halifax Infirmary/VG to the Nova Scotia Rehabilitation Centre.

