

Caregivers and Support

Caregiver participation is encouraged when necessary to reach functional goals. Only one caregiver will be permitted at appointments. For sessions where a caregiver is not required, the therapy team may need to ask your caregiver to wait in a designated waiting area in instances where other patients' confidentiality needs to be maintained, or where space is limited in the treatment area. If you require assistance in the washroom, we ask that a caregiver be present for all appointments.



Preparing for Discharge and Community Transition

The average length of participation in the program is 4-8 weeks.

The maximum length of participation is 12 weeks.

Your therapy team will notify you of your estimated discharge date.

We will notify your family doctor that you have been discharged.

Your therapy team will help you transition to other community services which may include:

- Ontario Health atHome (OHH)
- Community Stroke Navigation
- March of Dimes programming
- Muskoka Seniors services
- Community exercise programs
- Private outpatient rehab services as needed



Welcome to the Outpatient Stroke Rehabilitation Program

This pamphlet includes information for patients and families to help you become familiar with our program.

In this program, you will work with a team of rehabilitation services providers and other healthcare professionals to help you in your journey through stroke recovery after discharge from hospital.

Outpatient Stroke Program

Room 275, 2nd Floor

Huntsville District Memorial Hospital

100 Frank Miller Drive

Huntsville, ON P1H 1H7

(705) 789-2311 ext. 2249

outpatientstrokerehab@mahc.ca

What to Expect:

You will complete an initial assessment by one or more members of our multidisciplinary team. This may be a Physiotherapist, Occupational Therapist, Speech Language Pathologist, or Stroke Nurse.

Based on your assessments, you will work with your team members to determine what days of the week, how many appointments, and for how long you will attend.

Our program runs on Monday, Wednesday and Friday mornings. Appointments are 45 minutes in length per discipline. You may have multiple appointments in a row depending on your needs, which will be discussed with you.

Where to Go:

When you arrive for your first appointment, please visit the Patient Registration desk to register. Please bring your health card. You need to register for your first visit only.

Please arrive 15 minutes early for your first visit to account for any registration line-ups.

For Physiotherapy appointments:

Proceed to the Outpatient Physiotherapy Department located to the right in the main lobby and knock on the door.

For all other appointments:

Proceed to the elevators. Take the elevators to the second floor. Exit the elevators to the left and proceed down the hall to the Outpatient Stroke Program in Room 275.

Participation in the Program:

- You are expected to work with the team to identify functional and achievable goals for your rehabilitation.
- You must be medically stable and be able to tolerate up to three hours of treatment.
- Please dress in comfortable, casual clothing as your appointments will include physical activity.
- Home program exercise and activities may be provided and you and/or your caregiver are expected to participate regularly in home program activities. You are expected to transfer skills learned to the home environment.

Your Rehabilitation Plan:

A team of therapy professionals will:

1. Assess your current functional abilities, transfers, strength, speech/language, knowledge and cognition.
2. Establish SMART goals with you and your family.
3. Create a rehab plan of care based on their assessments.

What is a SMART goal?

Specific – what exactly do you need to achieve?

Measurable – how will we measure success?

Achievable – is this goal doable based on your medical conditions, supports at home, and previous level of function?

Relevant – is this goal relevant to your stroke recovery?

Timely – how long will achieving this goal take?