

### Why Is Rehabilitation So Important?

Rehabilitation promotes independence, allowing you to do more for yourself after your stroke. After leaving the hospital, there are several ways that you can continue to work on the rehabilitation goals that were set in the hospital.

**“Active participation in your rehabilitation program is essential!”**

#### **A rehabilitation team can help you:**

- Improve your quality of life and do the things you enjoy most
- Be more independent so you need less help from others
- Participate in the community activities you enjoy
- Teach your family how best to help you maintain what you have gained

Stroke rehabilitation can happen in your home, at an inpatient or outpatient facility, day hospital, or in the community. Recommendations for rehabilitation after your hospital stay will be made upon discharge from the hospital.

#### **What to expect:**

- Assessment and rehabilitation planning provided by registered healthcare professionals with expertise in stroke care
- A rehabilitation program developed by your health care team (including volunteers, assistants and personal support workers) in partnership with your family that fits your exact needs
- Community services available within one week of hospital discharge if indicated
- Information and education regarding stroke and its management



## REHABILITATION AFTER STROKE

### Rehabilitation. How Much and How Often?

Research shows that recovery continues for some time after a stroke. Most people make the most progress in the first three months after a stroke. However, recovery may continue for up to 3 years.

You may require therapy for up to 5 times a week depending on your individual needs. As long as you are making significant gains you should continue to receive therapy. After you leave the hospital, some ongoing programs may have additional costs not covered by the Ontario Health Insurance Plan (OHIP).

Your progress may slow down sometimes and at those times you may want to continue with a program on your own. Once you no longer receive rehabilitation services:

- Your rehabilitation needs should be regularly reviewed. This review may be provided by your family physician, Community Care Access Centre (CCAC) case manager or rehabilitation service provider.
- You may request another review and possibly a referral for services to begin again if needed, whenever your situation changes.

### Who to Contact.

You may receive rehabilitation services at your local hospital as an inpatient or outpatient (including day hospital), in the home or with a private therapy service. To locate outpatient and private therapy services:

- Look in the Yellow Pages
- Visit [www.thehealthline.ca](http://www.thehealthline.ca) (London, Middlesex, Oxford, Elgin, Huron, Perth, Grey and Bruce)
- Contact your local CCAC information and referral line (see below)

### Local Community Care Access Centre Offices:

- **Chatham** (519) 436-2222
- **London** (519) 473-2222
- **Owen Sound** (519) 371-2112
- **Sarnia** (519) 337-1000
- **Seaforth** (519) 527-0000
- **Stratford** (519) 273-2222
- **St. Thomas** (519) 631-9907
- **Walkerton** (519) 881-1181
- **Windsor** (519) 258-8211
- **Woodstock** (519) 539-1284