

Inpatient Rehabilitation

WHAT TO EXPECT DURING YOUR STAY



At Pembroke Regional Hospital, our Integrated Acute Stroke and Rehabilitation Unit provides both medical care and rehabilitation to help people recover after serious illness, injury, or surgery- such as a stroke, fracture, or a medical condition. In this program, you stay in the hospital and work with a team of health professionals who help you regain strength, skills, and confidence so you can reach your best possible level of independence.

Maximize your Recovery

ASK QUESTIONS

If something is unclear, don't hesitate to ask your health care team — we're here to support and guide you.

INVOLVE FAMILY AND FRIENDS

Your loved ones are welcome to participate and learn how they can best support your recovery at home.

PARTICIPATE ACTIVELY

Your participation plays a big part in helping you regain independence and reach your goals

SET GOALS

Collaborate with the team to focus on what matters most to you, such as walking safely, climbing stairs, or washing and dressing yourself.



Daily Routine



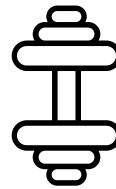
Getting Dressed

Patients are encouraged to wear their regular clothes each day to promote comfort and independence.



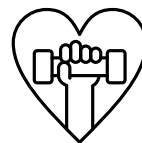
Meal Times

Your meals will arrive at approximately 7:30 a.m., 11:30 a.m., and 4:30 p.m. We strongly encourage all patients to eat their lunch and dinner in our dining room.



Therapy Sessions

You'll participate in therapy sessions with Physiotherapy, Occupational Therapy, or Speech-Language Pathology throughout the week.



Practice Makes Progress

Patients are encouraged to use time outside of therapy to practice new skills with support from staff or family as needed.



Recreation and Education Services

Join group activities, social events, like Pet Therapy visits or education sessions focused on recovery and healthy living.

Your Care Team

You and your support system are active members of your care team.

Your care team may also include:

- Doctors and Specialists
- Nurses and Health Care Aides
- Physiotherapists
- Occupational Therapists
- Rehabilitation Assistants
- Speech and Language Pathologists
- Social Workers
- Dietitians and Dietary Aides
- Recreation Therapist



Length of Stay

Your length of stay will be dependent on your recovery needs and goals.

Before you are discharged the team will:

- Review your progress with you and will keep you and your family updated on your progress and discharge plans
- Teach you and your family how to continue your recovery and maintain your progress
- Give recommendations for equipment and set up, or recommend community services
- Ensure it is safe for you to be discharged
- Referrals to community supports will be made as needed

What to Bring

PLEASE LABEL YOUR ITEMS

- Comfortable clothing for activity.....
- Non-slip shoes or supportive sneakers.....
- Toiletries (ex. toothbrush, deodorant, shampoo, razor, hairbrush).....
- Glasses, hearing aids, and dentures.....
- Personal items such as your phone, charger, laptop, earplugs, sleep mask, mini fan, water bottle, blanket, pillow).....
- Books, puzzles, or small hobbies to enjoy during downtime.....
- List of current medications and emergency contacts.....
- Comforts of home like your favourite snack or photos of loved ones.....

PLEASE DO NOT BRING VALUABLES SUCH AS LARGE AMOUNTS OF CASH, JEWELRY, OR IRREPLACEABLE ITEMS

My Health Goals

To get started, ask yourself:

What is most important to you?

What would I like to achieve while I am here?



**Inpatient Rehabilitation Unit
Pembroke Regional Hospital
1st Floor, Tower B**



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pembrokeregionalhospital.ca



For more information about parking, TV and phone set-up, or visiting hours please refer to our website or speak with a health care team member. **Wifi is available for patients and visitor use.**