

Inpatient Rehabilitative Care: The Next Step in Your Recovery

Inpatient rehabilitative care is the next step in your recovery. It will help you work towards regaining your strength and independence. It will also help you with returning to your usual activities as much as possible.

There are different kinds of inpatient rehabilitative care. Your health care team is recommending the following for you:

Rehabilitation

This type of program is located on a unit designed for those who need focused rehabilitation provided by an inter-professional team focused on helping you achieve your goals. The programs are regional and offered at multiple sites within the areas of Waterloo Wellington

| Inpatient Hospital Site | General Rehabilitation | Stroke Rehabilitation | Low Intensity Rehabilitation |
|--|------------------------|-----------------------|------------------------------|
| Cambridge Memorial Hospital in Cambridge | ✓ | ✓ | |
| Grand River Hospital - Freeport Health Centre in Kitchener | ✓ | ✓ | ✓ |
| St. Joseph's Health Centre in Guelph | ✓ | ✓ | ✓ |

You will be notified by hospital staff when a bed becomes available for you. The first available bed may be located at any one of the locations listed above.

Please note, your care needs will continue to be assessed and if your needs change the plan may also change.

Once you are at the inpatient rehabilitation program, your health care team will talk to you about how long your stay may be. Your rehabilitation may also continue after you leave the program at your home or another location.

Other information you need:

Do you have any questions? Please ask a member of your care team.

