

Rapid Recovery services



The Mississauga Halton CCAC's **Rapid Recovery** services enable your patients to leave hospital faster to safely recover at home by providing the ideal level of rehabilitation services they need to recover in their homes. Your patients can leave hospital earlier with the confidence that they will receive rehabilitation at home, without delay. Your patients can also receive needed rehabilitation services at home while they wait for a space in the *Assess and Restore* programs.

For the health system, as patients receive the care they need to recover at home safely, precious spaces in hospital can become available for new patients in need of treatments available exclusively in hospital.

Overview and Eligibility

Rapid Recovery services help patients, 18 years of age or older, to recover as much as possible from lost or impaired function, loss of ability to perform the daily functions of life or those who are recovering from an injury.

Rapid Recovery services are provided to patients for a three-week period, starting within 24 hours after they leave hospital. A regulated therapist will conduct a comprehensive assessment to determine the care plan for your patient at home.

Assessing patient outcomes

Several methods will be used to evaluate how our **Rapid Recovery** services are meeting your patients' needs.

Our regulated rehabilitation staff will use clinical outcome measures to determine status and progress of each of your patients after they leave the hospital and throughout their care plan at home, which include a variety of patient assessment tests.

For example, *Timed Up and Go* (TUG) is a test of basic mobility skills used with many populations. It measures the speed of both sit to stand transitions and walking (gait) and correlates with the identification of falls risk. It will be one of several important measures used with our **Rapid Recovery** services to determine how your patients are progressing.

Your patients dedicated Mississauga Halton CCAC care coordinator will work with the rehabilitation providers to monitor and assess your patient's progress and adjust if their needs change to ensure that they are meeting their goals.

Rapid Recovery services focus on the following three treatment streams:

Treatment Stream	Treatment Stream	Treatment Stream
1. Rehabilitate to Independence	2. Restore to Optimal Function	3. Prevent and Maintain Decline
Details	Details	Details
<ul style="list-style-type: none"> • Short-term stream for lost or impaired functional mobility as a result of injury, surgical procedure or a debilitating catastrophic event • Regulated therapist is involved to treat short-term issue, illness or environmental issue (e.g. being able to ambulate on stairs again) for your patients who cannot travel to or are not appropriate for a clinic or group class approach • Patients were, in most cases, previously independent and they are very likely to improve with rehabilitation 	<ul style="list-style-type: none"> • Stream may be classified as a slower stream rehabilitation for your patients with functional decline and those at risk for deterioration • Functional loss is reversible and rehabilitation is additionally focused on building skills and confidence • Goal is to maximize long-term independence and minimize need for ongoing support • Patients are often older and more frail and may be on the chronic disease continuum, but there is an ability to improve 	<ul style="list-style-type: none"> • Stream focuses on your patients with stable but chronic illnesses; they are coping with their disability and have no unpredictable pain • Rehabilitation is targeted towards managing lost or impaired function, maintaining current status and preventing further decline • Supportive care is emphasized, in addition to relief of symptoms to preserve each patient’s current level of function

Generally, your patients receive:

- Daily physiotherapy visits at home for up to two weeks to focus on mobility, balance, strength and pain management
- Occupational therapist may visit the home to assess home safety and activities of daily living function
- Personal support worker, nurse, social worker, dietician, speech language pathologist, authorized by the Mississauga Halton CCAC care coordinator following your patient’s assessment and in consultation with hospital personnel
- Enhanced personal support per clinical need, with up to three hours per day for two weeks



To find out more, contact a Mississauga Halton CCAC care coordinator in your hospital.