



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:

Activation/Restoration

- For people who need to increase their strength and endurance before going home or starting a focused, comprehensive rehabilitation program.
- Focuses on increasing independence using exercise and recreational activities.

The Activation/Restoration level of rehabilitative care is a Waterloo Wellington LHIN-wide program. This program is available at:

- Groves Memorial Hospital in Fergus
- Sunnyside Short Stay Convalescent Care Program in Kitchener (in a Long Term Care Facility)

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

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

Once you are there, your health care team will talk to you about how long you will need to stay. Your rehab 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.