



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

- For people who need a focused rehab program provided by an interprofessional team.
- Focuses on helping you achieve your rehab goals.
- Takes place in a rehab unit

The Rehabilitation programs are regional programs, offered at multiple sites within the Waterloo Wellington LHIN:

Site	General Rehab	Stroke Rehab	Low Intensity Rehab
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, 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