

# Rapid Recovery Therapy Program

Your hospital team and care coordinator have recommended the Rapid Recovery Therapy Program for the next step in your rehabilitation. This intensive therapy program is designed to help you return home from hospital sooner and continue your recovery in the comfort of your own home.

## Therapy Visits

The program could involve 3-5 visits within the first week you are home. The team will work with you to continue the therapy that you have started in the hospital. Therapy may be provided by a number of therapists depending on your needs.

### The Rapid Recovery Team will include all of these team members:

- Care Coordinator
- Physiotherapist (PT)
- Occupational therapist (OT)
- Physiotherapist/Occupational therapist assistant (PTA/OTA)

### Other services that may be involved in your care are:

- Speech Language Pathologist
- Social Worker
- Dietitian
- Nurse
- Personal Support Worker



After that first week, the number of visits will depend on your individual needs. The program lasts for up to 45 days.

Depending on your needs, personal support workers may also come to your home to help you with daily activities such as getting dressed, toileting and bathing while you are recovering.

If you decide to participate in this intensive therapy program, it is very important that you follow your treatment plan.

## Leaving Hospital

Before you leave the hospital, the hospital team will get you set up on the program and transition your care to the in-home therapy team. A Care Coordinator may meet with you to assess the other services you will need prior to going home.

## At Home

In the first week of the program there will likely be a large number of health care staff coming to your home. It is important for your recovery to be available and participate in your scheduled therapy visits. The schedule is meant to continue the same routine that was set up in hospital. After the first week, the schedule of visits may be less often and can be planned with your therapy team at home. If you improve and are able to attend an outpatient rehabilitation program and still require additional therapy, the community therapist will assist you in making that referral. Near the end of the Rapid Recovery Program, your care coordinator and therapists will work with you to plan your next steps, which may include outpatient rehabilitation or participation in a community program such as a gentle exercise program. Gentle exercise programs are designed to help you continue to improve or maintain your strength and independence in everyday activities.



## Cost

There is no cost to you to participate in this program. The program is funded by the Ministry of Health through Home and Community Care Support Services Waterloo Wellington to help improve healthcare and increase independence for seniors and others receiving rehabilitation in hospital. You may need to pay for equipment such as a walker or shower chair when you are returning home. This is the same as returning home without being referred to the Rapid Recovery Therapy Program. For more information about the program, please speak to your Care Coordinator.

### For residents of the Region of Waterloo:

519 748 2222 or 1 888 883 3313

### For residents of Guelph, Wellington County and the Township of Southgate:

519 823 2550 or 1 888 883 3313

[www.healthcareathome.ca/ww](http://www.healthcareathome.ca/ww)

