

## Community Stroke Rehabilitation Program

Returning home from hospital following a stroke can be a welcomed but difficult time, which may leave you and your family feeling overwhelmed. The Community Stroke Rehabilitation Program is designed to help you continue with recovery, ensure your home environment is adapted to meet your new needs, and connect you to other services you may require.

Stroke research has found that receiving intense, specialized rehabilitation for up to 12 weeks post-discharge from hospital results in the best recovery. Your individual needs and goals will determine how much therapy you receive. These services are provided in your home by therapists contracted by Home and Community Care Support Services South East.

### About the Program

The Community Stroke Rehabilitation Program:

- Supports recovery;
- Provides compassionate support;
- Enables an earlier return home from hospital;
- Assists with a smooth transition to home and to any ongoing community programs;
- Improves information sharing between you, your family and health care providers; and
- Prevents emergency room visits and readmissions to hospital.

### Planning your Transition Home from Hospital

When preparing for hospital discharge, a community rehabilitation planning meeting may occur. This meeting provides an opportunity for

you and your family to meet with your hospital therapist(s) and one of your new community therapists, to discuss your goals and develop a plan for ongoing recovery.

Rehabilitation services provided by Home and Community Care Support Services South East may include:

- Occupational therapy (OT)
- Speech language therapy (SLP)
- Social work (SW)
- Physiotherapy (PT) - in long-term care (LTC), PT will be provided by your LTC Home

### Your Rehabilitation Goals

Your rehabilitation goals provide the focus for your therapy plan. A team approach is the best way to make the most of your recovery, and you and your family are the centre of this team. This approach also helps you return home from the hospital sooner, improves your ability to participate in your community, and to stay well living at home.

Once home, you will be contacted by your community therapist(s) to arrange in-home therapy appointments. Your therapists will discuss your goals for recovery and help you reach those goals. Your plan is your own and may change throughout rehabilitation. You and your family are encouraged to be involved in all aspects of your therapy plan(s) and care.

