September 1, 2009 was an historic day for rehabilitation services in Hamilton. On that day, hospital officials and staff joined local politicians, community members and health care partners to celebrate the opening of the Regional Rehabilitation Centre at the Hamilton General Hospital site of Hamilton Health Sciences.

The new 100,000-square-foot Rehabilitation Centre offers 91 inpatient beds providing care to stroke, spinal cord injury, amputee, trauma, neurobehavioral and acquired brain injury patients.

“This is an exciting day for everyone at Hamilton Health Sciences and our region,” said Sophia Aggelonitis, MPP for Hamilton Mountain. “The government’s investment in the Regional Rehabilitation Centre consolidates current services to one site. The new Centre will give rehabilitation patients access to expanded programs and services in a fully accessible, state-of-the-art, healing environment.”

The building has many unique features including:

- an accessible bridge connection to Hamilton General Hospital allowing patients and staff better access to acute medical and clinical services and resources;
- patient rooms designed to accommodate wheelchairs;
- a four-level hydrotherapy pool for one-on-one therapy;
- on-site patient resources including an office of the Canadian Paraplegic Association;
- outpatient and occupational therapy clinics; and
- a patient and family resource centre.

In addition, an outdoor therapeutic track, the first of its kind in Canada, will allow patients to strengthen their mobility on different surfaces such as stone, wood and pavement in all weather conditions.

Jake Lawless, a graduate of Hamilton Health Sciences’ Rehabilitation program, shared his experience of healing with those in attendance. Jake sustained a spinal cord injury nearly 12 years ago as a result of a work-related accident. He spent eight months rehabilitating at Chedoke.

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“Through a lot of hard work, rehabilitation enabled me to return to university, start a new career as a teacher, learn to drive again and become a productive and positive member of society,” said Jake. “I’ve been excited about this new building since the first day I heard about it. I knew it was going to be amazing and I knew it was going to be a huge benefit to patients.”

“Many people have worked long and hard to make this project a reality,” said Donna Cripps, President of St. Peter’s Hospital and Executive Lead, Seniors’ and Rehabilitation Program, Hamilton Health Sciences. “This facility was built with our patients in mind and we know that a safe and comfortable environment, conducive to the unique needs of the individuals we care for, will greatly improve their quality of life and result in better clinical outcomes.”

Construction on the Regional Rehabilitation Centre began in November 2007. At the peak of construction, there were more than 250 workers on site daily.
Furthering our centres of excellence

A number of exciting redevelopment projects have recently been completed at Hamilton Health Sciences (HHS), such as the David Braley Cardiac, Vascular and Stroke Research Institute and the new Regional Rehabilitation Centre, both located at Hamilton General Hospital. These facilities contribute to the organization of our health care services into centres of excellence that greatly benefit the community.

The creation of centres of excellence is part of HHS’s vision called Access to the Best Care (ABC). ABC is a clinical services plan that will be implemented over the next three to four years to ensure the best outcomes for our patients, optimize resources, and enhance access to care. It is a vision that lays the groundwork for our organization to become better coordinated, more comprehensive, and sets the stage for timely access to the highest quality care.

“We have very talented staff at Hamilton Health Sciences but they are spread across too many different buildings. By pulling these people together as much as possible, we’ll be able to strengthen the expertise that we have and provide our patients with better access to care,” said Dr. Barry Lamb, Chief of Medicine.

The following is a list of some of the specialized services offered at each of Hamilton Health Sciences’ hospitals:

Hamilton General Hospital
- Centre of excellence in cardiac, vascular, stroke and trauma
- Full-service general hospital including an expanded Emergency Department
- New Regional Rehabilitation Centre
- New David Braley Cardiac, Vascular and Stroke Research Institute

Henderson General Hospital
- Centre of excellence in cancer
- Centre of excellence in total joint replacement/orthopedics
- Full-service general hospital including new and expanded state-of-the-art Emergency Department, OR, Diagnostic Imaging Department and ICU
- A cancer research institute

St. Peter’s Hospital
- Specializes in enhancing the lives of seniors and those with chronic illness
- Focus is on Dementia, Aging, Palliative Care and Rehabilitation

McMaster University Medical Centre
- Centre of excellence in pediatrics at McMaster Children’s Hospital
- Increased services including dedicated pediatric Emergency Department, Pediatric Critical Care Unit and an inpatient mental health unit
- Women’s health services, including high-risk obstetrics, and gynecology
- Adult ambulatory services and same-day surgery
- Expanded Endoscopy Suite to enhance the Digestive Diseases Program

Chedoke
- McMaster Children’s Hospital programs including Developmental Pediatrics and Child & Youth Mental Health
- Site of the Total Joint Assessment Centre
- The hub site of the Ontario Breast Screening Program
Hamilton General Hospital

**OPENED 2007** | New rooftop Heliport
**OPENED 2009** | New David Braley Cardiac, Vascular and Stroke Research Institute | New Regional Rehabilitation Centre
**PLANNED OPENING 2010** | New operating room | Cardiac Care Unit renovations | New Central Processing Department
**PLANNED OPENING 2011** | Emergency Department renovations

Henderson General Hospital

**OPENING 2010** | Henderson General Hospital Phase 1A includes a new Emergency Department, Operating Room, Diagnostic Imaging Department and Intensive Care Unit
**OPENING 2012** | Henderson General Hospital Phase 1B

McMaster University Medical Centre

**OPENED 2008** | Inpatient Therapy Treatment Area improvements | New Spiritual Centre | Ear, Nose and Throat Clinic renovation and expansion | Endoscopy Unit renovations | Digestive Diseases Clinic renovations
**PLANNED OPENING 2011** | New Endoscopy Suite

McMaster Children’s Hospital

**OPENED 2008** | New Ronald McDonald Family Room | New Pediatric Sedation and Medical Day Care Clinic
**OPENED 2009** | New RBC Child & Youth Mental Health Unit | New Pediatric Recreation and Play Area
**OPENING 2009** | Pediatric Ambulatory Clinic renovation and expansion
**PLANNED OPENING 2012** | New Pediatric Emergency Department | New Pediatric Intensive Care Unit

St. Peter’s Hospital

**OPENED 2009** | New Alexander Pavilion

Chedoke

**OPENED 2007** | New Total Joint Assessment Centre
**SEPTEMBER 2009** | Rehabilitation program relocated to Regional Rehabilitation Centre at Hamilton General Hospital
**OPENING TBD** | New McMaster Children’s Hospital Developmental Pediatrics and Child & Youth Mental Health Ambulatory Centre

Urgent Care Centre

**OPENING 2011** | New Urgent Care Centre, 690 Main St. West, Hamilton
**New Child and Youth Mental Health Unit helps kids take control of their illness**

**Adolescence is a time when** most youth are preoccupied with just trying to fit in. Being a teenager has been especially tough for Shane Murphy, who at the age of 13 was diagnosed with Severe Extreme Obsessive Compulsive Disorder (OCD) and Tourette Syndrome.

“I always knew I was different from most kids. It was difficult starting high school because I felt estranged from others, always feeling that I could not fit in because of my tics and compulsions,” said Shane, a patient in the Child and Youth Mental Health Program at MCH, now 15. “I was sometimes made fun of.”

The newly opened RBC Child and Youth Mental Health Unit at McMaster Children’s Hospital was opened for children who suffer from mental illness, similar to Shane. As one of the largest units of its kind in Canada, it houses six pediatric and 16 youth inpatient beds, as well as specialized day hospital and outreach services for children and youth up to age 18. The interdisciplinary care team includes psychologists, psychiatrists, nurses, child and youth workers, dietitians, social workers, pharmacists, and occupational therapists.

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**For more information about Hamilton Health Sciences, please contact:**

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**HHS | DID YOU KNOW?**

- DBCVSRI is the second largest public infrastructure project in Hamilton and is ranked among the top 100 in the country.

- Recycled materials of brick, stone and rare cast iron are incorporated into the architectural and aesthetic elements of the new Regional Rehabilitation Centre. Many of these material were recovered from the original steel factories that were once situated on the site.

- Henderson General Hospital is one of the top 100 infrastructure projects in Canada.

- A total of 50,000 cubic meters of rock was excavated from the Henderson site to build the new portion of the hospital.

- Nearly 20 per cent of McMaster University Medical Centre (MUMC) or approximately 125,000 net square feet will be redeveloped into a state-of-the-art facility.