

# Getting ready for Geriatric Rehabilitation or “Rehab”

---

Juravinski Hospital  
3rd Floor, M Wing  
711 Concession Street  
Hamilton, Ontario L8V 1C3

905-521-2100, ext 43302

---

When your health care team thinks you are ready for rehab they will ask a Nurse Clinician from the rehab team to come and see you.

The Nurse Clinician will assess you to make sure that Geriatric Rehab is the right program for you.

---

## Rehab health care team

Once you arrive on Geriatric Rehab you will be cared for by the rehab health care team that includes:

- Doctors
- Nurses
- Physiotherapists
- Occupational Therapists
- Therapy Assistants
- Speech Language Pathologists
- Pharmacists
- Social Workers
- Therapeutic Recreationists
- Registered Dietitians

The rehab team will work together with you and your family to set your treatment goals. Your family and friends are encouraged to attend therapy sessions with you to learn how they can help.



## What happens in rehab?

There is a lot to learn and do during your stay in rehab.

You can expect to work with a Physiotherapist, Occupational Therapist, or Therapy Assistant to learn new skills at least once each day during the week (Monday to Friday).

As part of your rehab, you will be expected to do as much of your daily personal care as possible.

Every morning you will be expected to get up, get dressed, and remain dressed all day.



## What do I need to bring to rehab?

Please bring these items:

- 2 to 3 changes of loose fitting comfortable clothing. It will make therapy more enjoyable for you. Personal clothing will need to be taken home by a family member or friend to be washed.
- Non-slip foot wear such as running shoes or shoes with a closed toe and low heel. You will need to always wear your shoes while on the unit.
- Personal items such as toothpaste and a tooth brush, shampoo, and grooming supplies. This also includes eye glasses, hearing aids, and dentures.
- If you wear incontinent pull ups or briefs at home, please bring them with you.

Send all items that you do not need home, as staff are not responsible for misplaced or lost items. If possible, have these items with you before you come to rehab.

## How long do I stay in rehab?

You will be discharged from the Rehab program once you have reached your goals.



Most people reach their goals within 7 to 20 days.