

## **St. Peter's Hospital and the Restorative Care Unit**

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St. Peter's Hospital, Hamilton, is a 230 bed complex care hospital and part of Hamilton Health Sciences.

St. Peter's Hospital has 4 different inpatient units and they include:

- Restorative Care (Rehabilitation) Part of the hospital's Integrated Stroke Program 2 East and West – 44 beds
- Behavioural Health Alexander Pavilion – Yvonne & Lincoln Terraces – 63 beds
- Palliative Care (End of Life Care) 3 East and West – 60 beds
- Medically Complex Care 4 East and West – 63 beds

You will be admitted to the Restorative Care Unit.

### **What is Restorative Care?**

Restorative Care provides follow-up stroke care with a goal aimed at restoring function after a stroke in order to return you to daily life at home.

Your stay in Restorative Care will be about 60 days.

## Your health care team

Your rehabilitation will be supported by a team including:

- Doctor
- Registered Nurse
- Registered Practical Nurse
- Clinical Nurse Specialist
- Occupational Therapist
- Physiotherapist
- Occupational/Physiotherapy Assistants
- Pharmacist
- Speech-Language Pathologist
- Registered Dietitian
- Social Worker
- Registered Respiratory Therapist
- Communicative Disorders Assistant

A Community Care Access Centre (CCAC) Coordinator works closely with the health care team.

Your care will be coordinated by a Registered Nurse (RN)-Case Manager.

The team will work with you to identify your goals. They will work with you every day to improve your strength, endurance and functional activities such as eating, dressing, mobility, toileting and bathing.

Family members may take part in care and teaching sessions.

When you have met your goals or reached a natural stopping point, you will be discharged home or to a different place for care. The team will arrange meetings with you and your family ahead of time to plan for your discharge.