

# When you no longer need intensive rehabilitation on B2 North

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Your health care team has determined that you no longer need intensive rehabilitation on B2 North. This could mean you have reached your goals or your recovery has slowed down and you do not need to stay at the Regional Rehabilitation Centre to receive intensive therapy. At this time, the care and services that you need, can be better provided in another location.

Sometimes patients have to continue to stay on B2 North for a period of time and wait until their next destination is ready. This can vary anywhere from a couple days to longer, and is known as Alternate Level of Care (ALC).

This handout helps you to understand what you can expect as:

- the intensive rehabilitation portion of your stay has finished, and
- your therapy end date has been reached.

## The role of the family

Family and friends have an important role in giving you emotional support. This role becomes even more important if you are adjusting to lifestyle changes.

**Important!**

We encourage your family to attend meetings about your progress and help you with your transition to the community.

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## We understand...

Patients and families may feel a lot of stress when a loved one is in the hospital. We will do our best to help you to cope. To help us focus on patient care, we trust that families, visitors and staff will treat each other with respect.

Respect is important when challenges are experienced. Our staff follows a Code of Conduct based on values such as, caring and respect. A Mutual Respect booklet is available for patients and families. If you would like a copy, please ask a staff member. Reading this booklet will help you know how you and your family can communicate effectively with the team.



## Communication

The team recognizes the importance of answering you and your family's questions about your care, progress and next destination. As such, we will be scheduling a meeting with you and your family to talk about the next steps.

The team meets weekly to review and discuss your status. In addition, your doctor will come around and see you on a regular basis. We encourage you and your family to continue to ask questions of the doctors during this time.



## What are my options?

ALC options are different for every patient. They may also change as you continue to spend time on B2 North. Every attempt is made to help you recover where you are most comfortable – your home.

Your health care team will want to know important information about you or your family situation to help them plan your discharge.

This information includes:

- Will your family be available to help?
- Do you live with someone who can help with things like going to the bathroom and/or making meals?
- Are you or your family willing to have community services help you at home?
- Are home care services available?
- What services or programs are available in your community?



The answers to these questions will help determine if and how your care needs could be met at home. Your health care team will help determine options in planning your discharge from hospital.

## Changes you may notice

Now that you are awaiting an Alternate Level of Care (ALC), the intensive rehabilitation portion of your stay has come to an end. You no longer need to stay at the Regional Rehabilitation Centre to receive intensive therapy. As your next destination is being planned for, you will continue to spend time within a hospital care setting.

### Nursing

Your condition is now stable and you no longer need intensive rehabilitation. Nursing staff will continue to provide care as needed and as appropriate for your care needs.

## Therapy

Your therapy team will work with you towards the end of your therapy time to create a maintenance plan. This plan will allow you to be independent and responsible for parts of your continued recovery. Your maintenance plan will be tailored to you and what you need to return to the community.

Your self-management plan may include:

- personal exercise program
- coping strategies
- information on healthy eating
- seating (wheelchair), positioning and/or skin care program
- teaching you and your family to use communication tools
- education regarding when to seek medical attention for your condition(s)
- discharge planning information, such as equipment needs

## Self-management starts now

This is the perfect environment to start implementing your self-management plan. Self-management means learning to become an active participant in your care. During this time, family support is strongly encouraged. The team is available to discuss ongoing supports outside of the Regional Rehabilitation Centre.

## Family involvement

Being in the hospital can be very stressful. The team will keep you as comfortable as possible. We encourage your family to spend as much time as possible with you. Recognizing that there are times when your family may not be available we may ask you if you would like to have a volunteer to visit with you. Interacting with others, like family and/or volunteers can be beneficial as it helps keep you aware, responsive to your surroundings and active through conversation.

