



A Patient's Guide to Getting Ready for Rehabilitation

What is the Glenrose Hospital?

The Glenrose Rehabilitation Hospital is for patients who are prepared to work hard to improve their health, well-being, and independence. Inpatient rehabilitation at the Glenrose is a small but important part of your rehabilitation journey. Our therapists and clinicians will work with you and your family to set achievable and realistic rehabilitation goals, and together we will work towards these goals.

You are being assessed for admission to one of the following Glenrose units:

- | | | |
|--|---|---|
| <input type="checkbox"/> Orthopedics/Burns | <input type="checkbox"/> Stroke | <input type="checkbox"/> Geriatric Cognitive & Behavioral |
| <input type="checkbox"/> Amputee | <input type="checkbox"/> Geriatric Psychiatry | <input type="checkbox"/> Spinal Cord Injury/General Neurology |
| <input type="checkbox"/> Brain Injury | <input type="checkbox"/> Specialized Geriatrics | |

A Typical Day at the Glenrose

Early Morning	Wake up in your shared or private room and complete your personal care routine for the day. Nurses will assist you to complete your care as needed. Breakfast in the dining areas.
Late Morning	Therapy appointments (both individual and group sessions) and education sessions or recreation activities.
Lunchtime	Lunch in dining areas.
Afternoon	Therapy appointments (both individual and group sessions) and education sessions or recreation.
Dinnertime	Dinner in dining area.
Evening	Personal time. Great for having visitors, taking part in recreation activities, or enjoying some quiet time. Some units have evening sessions that may be mandatory.

When will I be transferred to the Glenrose?

You may be placed on a waitlist. Your wait time will depend on how many patients are leaving the Glenrose and how many are currently on the waitlist. The Glenrose will be in touch with your clinical team, who will notify you of your transfer.

How can my family, friends & I prepare for my stay at the Glenrose?

For your success, it is very important for you to be willing to participate in your specialized program. You should be prepared to spend a large portion of your day actively involved in therapy. Loved ones - especially those who may be helping you after discharge - are often welcome to attend your therapy sessions with you.

Who will be on my care team?

Your care team centres on you, and may include the following professionals:

- Occupational Therapists
- Physical Therapists
- Social Workers
- Pharmacists
- Audiologists
- Nurses & Nurse Practitioners
- Psychologists
- Recreation Therapists
- Physicians
- Psychiatrists
- Dietitians
- Speech-Language Pathologists
- Rehabilitation Navigators

How long will I stay at the Glenrose?

The focus is on supporting your goals and improving your health, wellbeing and independence. Generally, the longest you will stay at the Glenrose is between 3 to 6 weeks. The plan for leaving the Glenrose begins even before you arrive. Starting on Day 1, your rehabilitation team will discuss and develop your discharge plan with you.

What should I bring with me?

We ask that you have your own easy to wear clothing for therapy (pull on pants or shorts, t-shirts, well-fitting non-slip shoes and weather-appropriate jacket for outdoor sessions if applicable). Bring personal hygiene items, sleepwear, toiletries, as well as glasses, dentures and hearing aids, if you use them. Current medications can be brought for review with your nursing team before use. Personal entertainment devices are welcome, but we cannot guarantee secure storage for valuables.

Rehabilitation Goals

Goal setting is one of the most important things you can do to prepare for your rehabilitation. The goals you identify below will help you and your care team target your therapies and treatments.

What is something that - after rehabilitation - you would like to be able to do again?

(Example: "I would like to live at home again independently.")

What small steps will you need to take to build toward that goal?

(Example: "I must be able to walk 50 feet using only my walker to live at home again independently.")
