

LEGEND

Post-COVID Functional Scale
ALL GRADES

Post-COVID Functional Scale
GRADE 2+

Post-COVID Functional Scale
GRADE 3+

Symptom Area	Universal/Targeted/Personalized Services (Including Specialty Clinics)
ALL	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 60%;"> <p><u>Rehabilitation Advice Line (RAL)</u></p> <p><u>Health Link (811) – includes access to Dietitian Services</u></p> <p><u>Continuing Care Access (Home Care)</u></p> <p><u>Post-Acute Rehabilitation Program (PARP)</u></p> <p><u>Alberta Healthy Living Program Video Series: After COVID-19 Topics: Overview, Symptoms, Treatment, Nutrition & Fatigue, Loss of Taste & Smell, Fatigue & Routine Managing: Persistent Cough, Pain, Sleep, Stress, Shortness of Breath, Changes in Thinking, Fatigue Exercise: Tips for Getting Started & Exercising at the Right Level</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 35%; vertical-align: top;"> <p><u>Indigenous Wellness Core - South</u></p> <p><u>Early Supported Discharge (Home Rehab Program)– Medicine Hat & Lethbridge</u></p> <p><u>Occupational Therapy - Adult Community & Outpatients</u></p> <p><u>Geriatric Community Rehabilitation Program</u></p> <p><u>Alberta Healthy Living Program - South Zone - workshops</u></p> <p><u>Alberta Healthy Living Program – South Zone</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 25%; vertical-align: top; margin-top: 10px;"> <p><u>Long COVID Interprofessional Outpatient Program (IPOP) Clinic - Calgary (South Sector)</u></p> </div>
Respiratory	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 30%;"> <p><u>Alberta Aids to Daily Living - Respiratory Benefits Program</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 35%; vertical-align: top;"> <p><u>Respiratory Therapy – Outpatients/Community</u></p> <p><u>COPD & Asthma Clinic</u></p> <p><u>Cardio-Respiratory Services</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 30%; vertical-align: top;"> <p><u>Respirologist Specialist Referral</u></p> </div>
Musculoskeletal	<div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; width: 100%;"> <p><u>Alberta Healthy Living Program – South Zone Supervised Exercise Program</u></p> <p><u>Physiotherapy - Inpatients, Outpatients & Community</u></p> <p><u>Occupational Therapy - Adult Community & Outpatients</u></p> <p><u>Geriatric Community Rehabilitation Program</u></p> </div>
Cardiovascular	<div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 40%;"> <p><u>Cardio-Respiratory Services</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 55%; vertical-align: top;"> <p><u>Cardiology Specialist Referral</u></p> </div>
Gastrointestinal	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 25%;"> <p><u>Health Link – Nutrition information</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 45%; vertical-align: top;"> <p><u>Post-Acute Rehabilitation Program (PARP)</u></p> <p><u>Speech Language Pathology (dysphagia)</u></p> <p><u>Nutrition Counselling - Adult & Pediatric</u></p> <p><u>Nutrition Services</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 25%; vertical-align: top;"> <p><u>Gastroenterology Specialist Referral</u></p> </div>
Neurological	<div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 65%;"> <p><u>Audiology Services</u></p> <p><u>Post-Acute Rehabilitation Program (PARP)</u></p> <p><u>Early Supported Discharge – Medicine Hat & Lethbridge</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 25%; vertical-align: top;"> <p><u>Neurology Specialist Referral</u></p> </div>
Psychological	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 40%;"> <p><u>Mental Health Helpline</u></p> <p><u>Learn how to manage stress in challenging times (virtual workshops)</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 25%; vertical-align: top;"> <p><u>Addiction and Mental Health – Community Services</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 30%; vertical-align: top;"> <p><u>Walk-in Urgent Care Centres & Emergency Departments</u></p> </div>
Psychosocial	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 65%;"> <p><u>Traditional Wellness Coordinator Services</u></p> <p><u>Indigenous Wellness Core - South</u></p> <p><u>Therapeutic Recreation - Community & Outpatient</u></p> <p><u>Workers Compensation Board (WCB)</u></p> <p><u>Learning About Food insecurity: Not Having Enough Money for Food</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 25%; vertical-align: top;"> <p><u>Social Work</u></p> <p><u>Food Banks Alberta</u></p> <p><u>Alberta 211</u></p> <p><u>Free Food in Alberta Directory</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 10%; vertical-align: top;"> <p><u>Early Supported Discharge – Medicine Hat & Lethbridge</u></p> <p><u>Occupational Therapy - Adult Community & Outpatients</u></p> </div>