

SAGE

Stroke and Geriatric Empowerment Rehabilitation Program



***‘Achieving maximal
independence and life
satisfaction through
partnership
with our clients, caregivers,
and communities.’***

*- Mission Statement of the SAGE Unit
Two Hills Health Centre
Two Hills, Alberta*

Welcome

Welcome to the Stroke and Geriatric Empowerment (SAGE) Unit at the Two Hills Health Centre.

We are pleased to have you in our rehabilitation program and are committed to work with you to achieve your treatment goals.

Our 12-bed unit is designed for adults who would benefit from an intensive rehabilitation program. The rehabilitation team focuses on your needs and goals to assist you to become as independent as possible and to improve your quality of life.

The rehabilitation program assists clients of varying ages and conditions in a supportive environment where you will receive care from a dedicated team of healthcare professionals, all working to restore functional independence.

Our SAGE team members include:

- Physicians
- Nursing staff
- Physiotherapists
- Occupational Therapists
- Speech Language Pathologists
- Recreation Therapists
- Dieticians
- Pharmacists
- Social Worker/Discharge Planners
- Rehabilitation Assistants



What happens on the day of admission?

- Please arrive at the Two Hills Health Centre admitting department by 10 a.m.
- A family member or friend is required to accompany you to assist with medical and social history and should expect to stay until late afternoon.
- You will meet members of our SAGE Team and receive a tour of the unit.
- Once the team members have completed their assessments, your programs are developed specifically for you and your rehab needs.



What do I need to bring to the Unit?

- Please bring enough clothing (five to seven sets) that is comfortable and suitable for exercising and easy to put on such as workout apparel, larger tops that are easy to put on and/or loose fitting pants. Also bring good walking shoes (preferably Velcro shoes or slip-on shoes with a good grip).
 - Personal toiletries including deodorant, toothpaste, toothbrush, combs and brushes and shaving supplies. You may also bring your special pillow and a warmer blanket for cooler nights. Also please bring adaptive equipment you are using including walkers, personal wheelchairs or dressing aids (reachers, sock aids or long-handled shoe horns).
****Please make sure all personal items are labeled with your name.***
 - Undergarments and pull-ups if you are using them. (The facility does not supply pull-ups.)
 - Please bring all your current medications you are taking including herbal, all vitamins and over the counter medications.
 - Please inform us when you get here the date and times and location of any medical appointments that may have been previously booked.
****Families are responsible for taking clients to their appointments if they are able to walk and transfer into a vehicle.***
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What will be expected of me?

During your stay on the SAGE Unit, you will:

- Do as much grooming, washing, and dressing as you can.
- Spend most of your time out of bed and dressed in your own casual comfortable clothes.
- Participate in your program every day. (Monday through Friday)
- Have your meals in the dining room with the other residents.
- Follow any individualized recommendations given to you by the team.



Please be advised that Alberta Health Services has a non-smoking policy. Should you require smoking cessation aides, these will be provided through your physician.

How will updates be given on my progress?

- A family conference is held half way through the program where progress and discharge planning will be discussed with you, your family and your friends.

How long will I have to stay in the program?

- Upon your arrival at the facility, the team will determine an approximate time line for your recovery following your initial assessment but the average length of stay is 4-6 weeks. This can be shortened or extended depending on your progress.
 - You may return home on a weekend pass or a day pass if permitted by the physician and SAGE Team.
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How can family and friends help?

Support and participation from family members and friends is vitally important in the rehabilitation process.

Family and friends are encouraged to:

- Assist with rehabilitation goals. They may participate with your care or during therapy.
- Take part in discharge planning.
- Attend meetings to discuss progress.
- Communicate with the team regarding progress, discharge plan or any concerns they may have.
- Visit, especially in the evening and weekends.



What happens when my program at SAGE is complete?

If it is determined the client cannot safely return home, the discharge planner working with the client, family and team, will recommend continuing care facilities or alternate accommodations that meet the client's needs and preferences. The

discharge planner will complete the appropriate applications for continuing care facilities or designated supportive living.



The discharge planner arranges admission back to the original facility if the client's status has been deemed as needing an alternate level of care.

Additional information

- We encourage visiting in the evening and on weekends.
- Clients are expected to dress and groom themselves as independently as possible.
- All clothing and personal articles must be labeled with your name. Labeling may be done by the family or by the facility for a one-time charge.
- Laundry services are available by the facility at a cost. A washer and dryer is also available on the SAGE Unit for your use free of charge.
- Laundry soap, etc. is not provided by the facility.
- There is a hairdresser available for you on site by appointment only.
- In-room television sets and cable services are available at a fixed weekly fee.
- Telephones are available for rent. Long distance calls must be made by way of calling card or collect charges.
- Accommodations are available in Two Hills for families to be near.

**If you have further program questions,
please contact the
Unit Manager at 780-657-3344.**





To learn more about the SAGE Unit,
or if you have questions, contact:

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4401-53 Ave.
Two Hills, Alberta T0B 4K0

Phone: 780-657-3344 ext. 3309