

All patients have their meals in the dining room.

Clients are asked **not** to bring large amounts of money or valuables.

Medications/prescriptions will be provided during your admission. If coming from home, please bring your medication bottles.

Patients and Families will be given the opportunity to meet with team members before discharge.

There is a no scent/low scent policy.

**For additional
information please
contact the:**

**Rehabilitation Unit
Western Memorial Regional
Hospital
P. O. Box 2005
Corner Brook, NL
A2H 6J7**

**Telephone:
(709) 637-5000
Ext. 5312
Fax: (709) 637-5118**



5th Floor

**Western Memorial
Regional Hospital**

Rehabilitation Program

People who have suffered a stroke, amputation or some other major injury, sometimes need extra time and therapy to help them recover some of their previous strength. **The Rehabilitation** program may help you do this.

1. Who are the people who will help you at the program?

A doctor will look at your medical condition while you are at the Rehab Unit.

The nurses will help you with your nursing and medical care as needed.

A Social Worker will help you and your family make plans for your discharge.

The Social Assistance Worker will help you if there are any money concerns.

The Physiotherapist will teach you exercises to help you get around and increase your strength.

The Occupational Therapist will help you with exercises to make you stronger. They will teach you new ways to do things like washing, dressing and cooking for yourself. They will visit your home, if needed, to get it ready for you when you leave the program.

The Dietitian will look at your nutrition status and educate as required.

The Speech Language Pathologist will help you with your speech if you need it.

2. How do I know if I can attend the program?

An application will be sent to the Patient Care Coordinator or Social Worker and you will be notified if you are accepted.

3. Will it cost me to come to this program?

There is no cost for your stay, but if you need any equipment, you may have to pay for this.

4. Are my family and friends able to visit?

Visiting hours are from 3:00 p.m. - 9:00 p.m. as you will be receiving therapy during the day.

5. If I'm from out of town, is there a place for my family to stay?

Families who are from outside of Corner Brook, and who need to stay overnight, may be able to stay at the hostel for a small fee. The Hostel is at WMRH and you can reach them at 637-5000 Ext. 5576.

6. Do I have to stay on the Rehab Unit all of the time?

No, Passes home can be given for a couple of hours, a day or for weekends and being home is an important part of your therapy.

7. Who will do my laundry?

Laundry Services can be arranged or your family can bring it home.

8. How long will I need to stay?

How long you stay will be decided after a 1 – 2 week trial of therapy.

9. What are some other things that I need to know?

You should bring everyday clothes including:

- < loose fitting pants and tops
- < shorts for amputees
- < rubber soled shoes or sneakers
- < personal items such as soap, deodorant, toothpaste, shaving cream, razors, etc.
- < walkers, canes or wheelchairs, if you have your own
- < your own pillows or blankets if wanted
- < leisure or hobby items