

DISTRICT AMBULATORY STROKE REHABILITATION PROGRAMS

PATIENT INFORMATION

1. In keeping with the overall purpose and philosophy of the District Ambulatory Stroke Rehabilitation Program, patients are encouraged to become active participants in their therapy by assuming responsibility for their own recovery.

During your first appointment, you and your therapist will set goals for your treatment program. The main emphasis of a treatment program is to improve functional independence as well as educate both the stroke survivor, as well as their family/caregiver, to maximize their overall function.

As part of this program you will be provided with activities to do at home. It is expected that this homework will be **done on a regular basis** and you will keep a log to track your progress. The log should be brought to all therapy sessions. If/When you are continuing with these activities/exercises at home after you have been discharged from your therapists care and your health/condition changes, consult your primary care provider before continuing.

2. The number of treatments will be based on the assessment, needs and goals of the stroke survivor. **The maximum number of treatments per patient will be 20.** Not all stroke survivors will require 20 sessions; any extensions to therapy will be based on objective measures/clinician's critical thinking.
3. If you must cancel an appointment, please **give at least 24 hours notice** by calling the appropriate number for either Team East - (902) 894-2072 or Team West - (902) 438-4471. It is **your responsibility** to call for a new appointment. If three (3) appointments are missed without notice or an explanation, you will be discharged and a letter will be sent to your physician. Frequent cancellations with little notice may result in the same discharge process. If further therapy is required, a physician will need to submit a new referral.
4. **You must register for every appointment:** at Admitting at the QEH and in the Rehab Department at PCH.
5. Late arrival to your appointment may result in your session being shortened or cancelled and rescheduled.
6. If you require assistance for feeding or toileting, etc. a caregiver is required to be present.
7. Appointments will be discontinued should you be uncooperative, abusive, under the influence of alcohol/drugs, or decline treatment. Your physician will then be notified that your treatment has been discontinued.
8. There **may** be a charge for home therapy materials (e.g. theraband, muscle stimulator, etc.).
9. Please adhere to the 'Scent Free' Policy of the hospital.

Your cooperation is much appreciated. Thank you!

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FREQUENTLY ASKED QUESTIONS

Below are some commonly asked questions pertaining to our guidelines for treatment sessions and cancellations.

1. How long will I need to be in therapy?

At your initial visit, an approximate time of discharge will be discussed. Discharge timelines are different for each stroke survivor. The average number of sessions is 15-20 over 4-6 weeks. Individual discharge dates from specific therapies may vary.

You will be discharged when:

- Your goals have been accomplished or addressed.
- You are no longer achieving any gains in therapy, based on **objective measures**.
- You have a change in medical status.
- You have not attended therapy for three sessions without prior notification or justification.
- You no longer wish to attend.
- You are uncooperative, abusive or under the influence of drugs or alcohol.

2. How often will I need to come to therapy?

You may be required to come one day a week or as frequently as daily (up to 5 days a week at QEH and 2.5 a week at PCH), once every two weeks, or once a month, depending on your therapy needs. Your therapist(s) will discuss frequency of visits with you.

3. How long will my appointments be?

Your appointments may be from one (1) to five (5) hours, depending on how many services (occupational therapy, physiotherapy, speech language pathology, social work) you are accessing.

4. What are my responsibilities if I can't come for scheduled appointments?

You are responsible to call either Team East - (902) 894-2072 or Team West - (902) 438-4471 as soon as you know that you cannot come for your scheduled appointment. If you miss three (3) appointments or more, you will be discharged. This does not count missed appointments due to illness, an appointment with your doctor, or an emergency.

I have read the above and I am aware of the number of sessions and cancellation guidelines for the District Ambulatory Stroke Rehabilitation Programs.

Name: _____

Date: _____

Witness: _____

Date: _____