

Our Multidisciplinary Team:

In addition to physicians and nurses, our rehabilitation team consists of :

- **CCAC** – Links patients with community support services to help meet patient's needs and achieve goals after discharge.
- **Dietitian** –Assesses nutritional needs to maximize patient's diet. Educates patients and their families on food choices and meal preparation to improve their diet at home
- **Occupational Therapists** –Assesses and works with patients to enable their return to the highest level of function possible, using adaptive equipment as required.
- **Pharmacist**– Optimizes drug therapy for patients by managing complex drug therapy regimens, but also minimizing use of unnecessary medications to improve patient safety and adherence
- **Physiotherapists** –Provides teaching, training and practice to help with balance, endurance, strength, walking, stairs and functional movement.
- **Recreational Therapist** –Assists patients in accomplishing their recreation and leisure goals.
- **Rehab Assistants** –Works with patients 7 days/week to carry out therapeutic programming as directed by the therapists

• **Social Workers** –Addresses the impact of illness, disability and treatment on patients and their families. Aids patients in achieving optimum recovery and quality of life.

• **Speech and Language Therapist** – Assesses and treats swallowing dysfunction, speech and language difficulties, and promotes effective communication.



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Wingham and District Hospital

Rehabilitation Program

A team approach to your recovery



**Wingham &
District Hospital**

Tel: 519-357-3210

Rehabilitation is a multi-disciplinary therapeutic approach to enable individuals with physical impairments and disabilities, from injury or illness, to reach and maintain their goals and optimal level of function. It is a time-limited, goal-oriented, vigorous process intended to return individuals to their home as soon as possible.

Our team at Wingham and District Hospital will:

- provide medical management, nursing care and up to 3 hours of therapeutic programming daily, 7 days per week.
- engage the patient and their family in planning for discharge.

Who is eligible?

Medically stable patients requiring further inpatient therapy to reach optimal recovery from surgery, injury or disease such as:

- Multiple injuries and fractures from trauma such as motor-vehicle collisions
- Planned or unplanned joint replacements or limb amputations
- Decreased neurological function
- Deconditioning from lengthy periods of immobility

Why Rehab at Wingham & District Hospital?

- Patients will receive up to 3 hours of therapeutic programming on a daily basis
- Each patient's day will be structured around individualized therapeutic needs and goals
- Patients will receive regular support from allied health therapists including nursing, physiotherapy, occupational therapy, speech and language therapy, social work, pharmacy, dietitian, and recreational therapy
- Patients will receive pain, skin and wound care management from trained nursing staff
- Patient, family, and team meetings are scheduled, as required, to plan discharge
- Home assessments are completed, as needed, to maximize patient safety at home and in the community
- Our on-site Community Care Access Centre (CCAC) Coordinator assists in the coordination of home care services
- We have established strong links with referring acute care hospitals, medical specialists, rehabilitation consultants, case managers, WSIB and insurers

You are encouraged to bring the following items to your rehab stay:

- Health Card
- All medications you are currently taking
- Pyjamas, bathrobe and slippers
- Supportive footwear
- Clothing appropriate for daily activity
- Activities such as radios, magazines, books or crosswords to keep you occupied between therapies
- Toothbrush, toothpaste, shampoo and body/hand lotion. These items are not supplied by the hospital, but are available for purchase at the Gift Shop
- Hearing aid with extra batteries, glasses, walkers, wheelchairs or other necessary assistive devices

Please do NOT bring any valuables, jewellery or large sums of money. We are not responsible for lost or stolen articles.

Health Coverage

Your Ontario Health Insurance Plan (OHIP) will cover your in-hospital treatment costs incurred during your rehab stay.

Preferred Accommodation

You may have additional health insurance to cover the cost of a private or semi-private room. Please bring this insurance information with you at the time of your admission to hospital. The hospital will submit claims to your insurance company. However, the responsibility for payment remains yours.