

TOGETHER, WE MAKE IT POSSIBLE

Runnymede enhances the quality of patients' lives because of the highly skilled members of our interprofessional team, which includes:

- **Physiotherapy:** restore mobility, strength, stability, and physical function
- **Occupational therapy:** restore independence and ability to perform daily activities, such as toileting, bathing and meal preparation
- **Kinesiologist:** restore mobility, strength, stability and physical function
- **Hospitalist physician:** manages ongoing and new medical issues
- **Physiatry:** focus on recovery and rehabilitation of muscle, bone and nerve injuries
- **Nursing:** deliver high-quality, around-the-clock patient care to meet daily needs
- **Pharmacy:** supply medication and act as a valuable drug information resource to ensure patient needs are safely met
- **\*Respiratory therapist:** assess and treat breathing conditions
- **\*Clinical nutrition:** assess nutritional needs to develop personalized nutrition plans
- **\*Speech-language pathology:** assess and treat challenges in communication and swallowing
- **\*Social Work:** supports mental health and emotional well-being through assessment and therapeutic counselling
- **Discharge coordinator:** Assist and facilitate return to community and connect patients with appropriate services and supports

\*Services available on consult basis

Runnymede Healthcare Centre is a recognized leader in hospital care and received Accreditation Canada's highest honour. Our programs help patients resume their lives at home or in the community.



**RUNNYMEDE**  
HEALTHCARE CENTRE

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High Tolerance Short  
Duration Rehabilitation  
(Active Rehab)

*We make it possible.*

# The right care in the right place at the right time.

RUNNYMEDE HEALTHCARE CENTRE is a dynamic and growing 206-bed rehabilitation and complex continuing care hospital passionately dedicated to serving our community in the west end of Toronto. Our outstanding patient-centred care provides patients with a crucial pathway to recovery.

We primarily serve patients through transitional inpatient programs that offer therapy 7 days a week.

## RUNNYMEDE AT A GLANCE

- 7-day interprofessional model of care
- Newly renovated gym space on patient floors
- Free WiFi
- Cafeteria on-site
- Hairdressing services



## WHAT IS ACTIVE REHAB?

Our High Tolerance Short Duration Rehabilitation (Active Rehab) program is designed for patients who can benefit from intensive, short-term therapy. It helps them regain function and mobility that may have been lost because of illness, injury or surgery.

## WHO IS A CANDIDATE FOR ACTIVE REHAB?

Active Rehab patients must:

- Be medically stable
- Be able to bear weight
- Demonstrate functional improvement in acute care
- Be able to tolerate 30 to 40 minutes of therapeutic activity up to 2 times a day
- Be able to sit for 2.0 hours or greater a day
- Have clearly outlined goals for rehab
- Demonstrate insight, be able to follow and retain instructions
- Have a clearly established discharge plan

## PARTNERS IN CARE

At Runnymede, patients are the driving force behind their care. Our staff are committed to working closely with patients to provide the treatment and support they need to meet their unique clinical goals.

Our top priority is to help patients safely resume their lives in the community as soon as possible. When they no longer need the level of care we provide, our staff collaborate with relevant community partners to facilitate access to supports that meet patients' needs upon discharge.

## PREFERRED ACCOMMODATION

If you request and are given a semi-private or private room, you (or your extended benefits) will be billed for the room at the appropriate room rate. The rates are as follows:

Ward	\$0/day
Semi	\$225/day
Private	\$250/day

## TV, WEB, LAUNDRY AND FOOT CARE SERVICES

Runnymede has TV, web services through integrated bedside terminal, laundry and foot care services available for patients who would like to purchase them. The rates are as follows:

Phone	Complimentary
TV	\$2.50/ day
Web	\$4.50/day
TV/Web	\$6/day
Laundry	\$1.39/ day
Foot Care	\$70/service

## QUESTIONS?

Our patients, families and caregivers are of utmost importance to us and we value open communication.

If you have any questions or concerns about your admission to Runnymede, we encourage you to contact the social worker or discharge planner in your acute care hospital.

Should you have further questions related to the Active Rehab program please contact Runnymede at the number below:

**(416) 762-7316 ext, 2104**