OUR INTERPROFESSIONAL TEAM

enhances the quality of patients' lives. These highly skilled team members include:

Physicians: Manage ongoing and new medical issues

Nurses: Deliver high-quality, around-the-clock care to meet patients' daily needs

Personal Support Workers (PSWs): Assist with personal care needs such as grooming, dressing, feeding, and toileting

Physiotherapists: Restore mobility, strength, stability, and physical function

Occupational Therapists: Restore independence and ability to perform daily activities, such as toileting, bathing, and meal preparation

Rehabilitation Assistants: Provide physiotherapy and occupational therapy treatments

Pharmacists: Review medication regimens and ensure patient medication needs are optimized

Discharge Coordinators: Facilitates return to the community and connect patients with appropriate resources and supports

Clinical Nutritionists: Assess nutritional needs to develop personalized nutrition plans

Respiratory Therapists: Assess and help manage breathing conditions

Speech-Language Pathologists: Assess and treat challenges in communication and swallowing

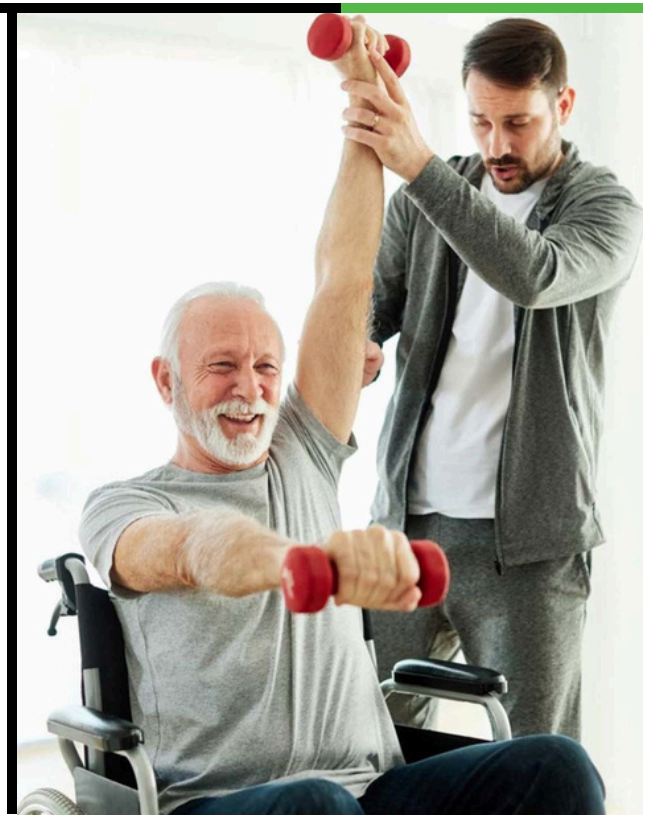
*Services available based on individual patient assessments.

RUNNYMEDE HEALTHCARE CENTRE IS A RECOGNIZED LEADER IN HOSPITAL CARE AND RECEIVED ACCREDITATION CANADA'S HIGHEST HONOUR.

OUR PATIENT-CENTRED MEDICALLY COMPLEX PROGRAM IS FOR PATIENTS WITH MULTIPLE MEDICAL NEEDS CAUSED BY CHRONIC ILLNESS OR DISABILITIES.

RUNNYMEDE HEALTHCARE CENTRE
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High Tolerance Short Duration Rehabilitation Program

(Active Rehab)

RUNNYMEDE HEALTHCARE CENTRE

RUNNYMEDE HEALTHCARE CENTRE is a dynamic and evolving 206-bed rehabilitation and complex continuing care hospital passionately dedicated to serving the community in the west end of Toronto.

We primarily serve patients through three transitional inpatient programs, including:

- High Tolerance Short Duration Rehabilitation Program (Active Rehab)
- Low Tolerance Long Duration Rehabilitation Program (Slow Stream Rehab)
- Medically Complex Program

All three programs strive to improve our patients' quality of life, enhance their functional abilities, and get them back to the community as soon as possible.

ACTIVE REHAB PROGRAM

This program is designed for patients who can benefit from intensive, short-term therapy. It helps them regain function and mobility that have been lost because of illness, injury, or surgery.

As part of your therapy, you can expect to be involved in some or all of the following:

- Specific body strengthening and range-of-motion exercises to meet your goals
- Practice with transfers, stairs and walking
- Balance exercises
- Practice activities of daily living (dressing, toileting, grooming, bed transfers) to improve independence
- Recommendations regarding home equipment to increase overall independence and safety

The goal of our staff is to provide you with up to 30 minutes of physical therapy and 30 minutes of occupational therapy per day, seven days a week. Therapy will be provided by our Physiotherapists, Occupational Therapists, or Rehab Assistants.

As part of active rehab, you can expect to stay with us for an average of 7-18 days.

WHAT TO BRING WITH YOU

To ensure your safety and comfort during your stay, we ask that you bring (and label) the following items:

- Comfortable and loose-fitting clothes
- Socks and running shoes or supportive flat shoes with closed toes and backs
- Pyjamas (sleepwear) and underwear
- Personal care supplies such as brush or comb, other hair supplies, toothbrush, toothpaste, deodorant, facial tissue, hand wipes, and shaving equipment
- Personal mobility devices, if used, such as a walker, cane, or wheelchair
- Eyeglasses and hearing devices, if used



REHABILITATION GOALS

At Runnymede, our staff is committed to working closely with you to provide the treatment and support you need to meet your unique goals.

Upon admission, our staff will meet with you to set realistic short and long-term goals for your rehabilitation.

PATIENT APPOINTMENTS

If you have pre-existing medical appointments scheduled during your stay at Runnymede, please let us know so we can best accommodate your therapy time.

Patients and/or families will be responsible for arranging transportation and escorts for their appointments. If you require Runnymede to arrange transportation and/or an escort to appointments, please notify our staff to make arrangements and discuss the associated costs.

PATIENT EXPERIENCE

We welcome feedback from you and your family because it helps us enhance the patient experience.

You can provide your valuable feedback by:

- Completing "My Runnymede Experience Feedback Form"
- Joining our Patient Family Advisory Council
- Reaching out to Patient Relations at patient.relations@runnymedehc.ca

If you have any questions about the information in this brochure, please ask to speak with the Patient Care Manager.