



PARKWOOD HOSPITAL ACQUIRED BRAIN INJURY PROGRAM

PATIENT & FAMILY COMMUNITY OUTING EDUCATION PAMPHLET

Parkwood Hospital
801 Commissioners Rd. East
London, ON N6C 5J1
(519) 685-4003
(4AE Nursing Unit)

Philosophy Of Rehab: To facilitate an individual's optimal functional independence

Safety Recommendations: Patient is to refrain from alcohol consumption and non-prescription drug use. It is recommended that they do not operate a motorized vehicle nor should they be left alone in a car. Please ensure that the patient is supervised at all times.

Accessible taxi information:
Aboutown Taxi Service
Phone (519) 663-2222 or
www.aboutown.on.ca

Accessible bus information:
Phone (519) 451-1347 or
www.londontransit.ca

A helpful web site for destination information (including accessibility considerations) is Access Guide Canada:
www.enablelink.org/agc

Special Considerations:

Please remember to:

Prior to the outing – obtain any medications needed and sign out through nursing staff. Understand any diet restrictions. Feel confident with car transfers and accessible transportation (as applicable). Obtain the city map (as applicable).

During the outing – monitor patient's ability to perform skills as listed on the evaluation form. Watch for signs of agitation and/or fatigue – i.e. physical restlessness, change in gait, altered speech. These signs would indicate a return to hospital is warranted.

After the outing – Please report to nursing staff that you have returned and provide them with a brief patient status report (i.e. very fatigued, requires bathroom facilities, hungry, thirsty, etc.). Return the map of London (as applicable) and fill out the evaluation form.

Outing suggestions:

RESTAURANTS

East Side Mario's (Italian-American food)
387 Wellington Rd. South
(519) 680-1830
www.eastsidemarios.com

Mandarin (Chinese buffet)
387 Wellington Rd. South
(519) 680-5000
www.mandarinbuffet.com

Swiss Chalet (chicken & ribs)
1067 Wellington Rd. South
(519) 681-1600
www.swisschalet.com

Crabby Joe's
557 Wellington Road
(519) 686-7888

Montana's Cookhouse
489 Wellington Road
(519) 691-0209
www.montanas.ca

MALLS

White Oaks Mall
1105 Wellington Rd. South
(@ Bradley Avenue)
(519) 681-0434
www.whiteoaksmall.on.ca

Westmount Mall
785 Wonderland Rd. South
(@ Viscount Road)
(519) 641-0976
www.westmountshoppingcentre.com

Masonville Mall
1680 Richmond St. North
(@ Fanshawe Park Rd.)
(519) 667-4884
www.masonvilleplace.ca

CINEMAS

Empire Theatre
983 Wellington Rd. South
(519) 673-4125
www.empiretheatres.com

Westmount 6 – Westmount Mall
785 Wonderland Rd. South
(519) 474-2152
www.cineplex.com

Silvercity – Masonville Mall
1680 Richmond St. North
(519) 673-4125
www.famousplayers.com

Rainbow Cinemas – Galleria
355 Wellington Rd. North
(519) 434-3073
www.rainbowcinemas.ca

OTHER

Springbank Park
Commissioner's Road West

Fleetway Bowling Centre
(Adapted 5 or 10 pin bowling available
upon request)
720 Proudfoot Lane (@ Oxford St.)
(519) 472-9310
www.fleetwaybowling.com

John Labatt Centre
99 Dundas St.
(@ Talbot St.)
(519) 667-5700
www.johnlabattcentre.com

Covent Garden Market
130 King St. (@ Talbot St.)
(519) 439-3921
www.coventmarket.com