

Who offers regular inpatient acquired brain injury rehabilitation programs in Toronto?

Three centres offer programs for patients with an acquired brain injury, also called ABI. They are:

- ✓ Bridgepoint Hospital
- ✓ Toronto Rehabilitation Institute
- ✓ West Park Healthcare Centre

Please turn the page for a chart comparing these centres.

What is a Slow-to-Recover program?

A slow-to-recover rehabilitation program is usually for patients who are recovering slowly from a severe brain injury. They often have complex medical needs. Toronto Rehab and Bridgepoint offer Slow-to-Recover programs.

How are people referred to an inpatient rehabilitation program?

The Toronto ABI Network directs all referrals to inpatient programs. Referrals depend on the specific needs of the patient. They also depend on the discharge policies of the patient's current hospital.

What is the average length of stay?

The length of stay is different for each person. It depends on how quickly he or she meets the rehabilitation goals. Remember, inpatient rehabilitation is just one stage in a long-term recovery process.

What is a typical week like in rehabilitation?

Patients see each of their therapists 4 or 5 times each week. Therapy sessions vary from 15 minutes to 1 hour depending on how well the patient tolerates the therapy. Patients may take part in individual and group therapy sessions. Most therapies take place on weekdays.

How can families help with rehabilitation?

Families can help by encouraging their loved one to work hard at rehabilitation. Families can visit often during the day/early evening and bring reminders of home (photos).

What if a patient develops medical complications?

Patients who develop medical complications during rehabilitation will be sent back to the referring hospital. If they need urgent medical treatment, the rehabilitation staff will send them to the nearest Emergency department.

How long is the wait for rehab?

The wait for regular inpatient ABI rehab may be a few weeks. The wait for slow-to-recover rehab is longer because there are only a few beds. Patients may have to wait many months and are often sent back to a community hospital or to a Complex Continuing Care program while they wait.

What is Complex Continuing Care?

Complex continuing care provides supportive therapies to people with complex injuries or progressive illnesses. It does **not** include intensive rehabilitation therapy. It provides specialized 24-hour inpatient care. The main focus of complex continuing care is to promote and enhance the patient's quality of life.

Your At-a-Glance Guide to Inpatient Rehabilitation Programs

The Toronto ABI Network directs referrals to the organizations below. Referrals to each organization vary, depending on the needs of the patient & discharge policies of the hospital he/she is currently in.

	Toronto Rehab ↓	Bridgepoint ↓	West Park ↓
Location →	550 University Avenue Near University Avenue and Dundas Street West	14 St. Matthews Road Near Broadview Avenue and Gerrard Street	82 Buttonwood Avenue Near Jane Street and Weston Road
Size of unit →	31-bed unit. All patients on unit have ABI.	9 ABI beds on a 50-bed rehab unit. Unit also serves people with stroke and bone-related injuries.	7 ABI beds on a 26-bed neuro-rehabilitation unit
Slow-to-recover program? →	Yes. 5 slow-to-recover beds on ABI unit. For patients at early stage in recovery.	Yes. 7 slow-to-recover beds for patients with ABI or stroke. For patients at later stage in recovery.	No slow-to-recover program.
Security →	Unit has a locked door. Entry code needed to get onto unit.	May wear a bracelet that alerts staff if patient tries to leave unit.	Open access to unit.
Room types →	<ul style="list-style-type: none"> ▪ Most rooms have 3 & 4 beds ▪ 1 semi-private room ▪ 2 private rooms 	<ul style="list-style-type: none"> ▪ 2 or 4 beds in each room ▪ No private rooms 	<ul style="list-style-type: none"> ▪ Most rooms have either 2 or 4 beds ▪ 4 semi-private rooms ▪ 2 private rooms
Washrooms →	Washrooms are located in each room. There are also 2 bathtub and shower rooms on the unit.	Washrooms and showers are in a central location on the unit.	Washrooms are in each room. Showers are located in a central area on the unit.
Other features →	Common area to eat, watch TV. Recreation & Leisure activities.	Common area to watch television. Recreation & Leisure activities.	Common area to watch television. Recreation & Leisure activities.
Getting there by TTC →	1 block north of St. Patrick subway station.	Take streetcar south from Broadview subway station or east/west along College/Gerrard Street.	10 minute walk from nearest TTC bus stop.
Contact →	(416) 597-3422 x 3593 or x 3441 www.torontorehab.on.ca	(416) 461-8251 x 2305 www.bridgepointhealth.ca	(416) 243-3632 www.westpark.org

For more information on these and other ABI programs, please call the Toronto Acquired Brain Injury Network at 416-597-3057 or visit our web site at www.abinetwork.ca