

Family Guide to Acquired Brain Injury Inpatient Rehabilitation: Regular & Slow-to-Recover Programs

獲得性腦損傷住院病人暨家人指南：常規康復項目及 緩慢康復項目

Toronto
**Acquired
Brain Injury**
Network

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

多倫多地區有哪些機構為獲得性腦損傷病人提供住院康復項目？

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

目前有三家機構為獲得性大腦損傷(也稱作ABI)病人提供康復項目。它們是：

- ✓ Bridgepoint Hospital
博康保健中心
- ✓ Toronto Rehabilitation Institute
多倫多康復院
- ✓ West Park Healthcare Centre
West Park 健康護理中心

Please turn the page for a chart comparing these centres.

請參閱下頁表格，比較以上機構提供之服務。

What is a Slow-to-Recover program?

什麼是緩慢康復項目？

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. 緩慢康復項目通常提供給嚴重腦損傷、且正在緩慢康復的病人。這部分病人常常有綜合性的醫療需求。多倫多康復中心及博康保健中心提供緩慢康復項目。

How are people referred to an inpatient rehabilitation program?

如何轉介病人到住院康復項目？

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.

多倫多ABI網絡會將所有接到的個案轉介至住院病人項目。轉介視病人的特殊需求，亦會考慮病人目前醫院的出院政策。

What is the average length of stay?

病人住院留醫的平均時間有多長？

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.

每位病人的住院時間不等，視其達到康復目標的快慢而定。請注意，住院康復治療僅是長期性的康復過程中的一個階段。

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

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What is a typical week like in rehabilitation?

住院病人每星期的康復治療大致上是如何安排的？

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.

每星期病人與治療師見面四或五次。治療時間由十五分鐘至一小時不等，視病人對治療的耐受性而定。病人可能參加個別及小組治療。大部分治療會安排在周一至周五。

How can families help with rehabilitation?

家人如何協助病人的康復？

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). 家人可以鼓勵病人積極參加康復治療，在白天及傍晚多來探望，帶一些幫助病人記憶的家庭生活的紀念品(如相片)。

What if a patient develops medical complications?

如果病人出現綜合症怎麼辦？

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.

康復階段出現綜合症的病人會被送回原來醫院。如果病人需要緊急治療，康復中心的醫護人員會將病人送至最近的急診部。

How long is the wait for rehab?

康復治療的等候時間有多長？

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. 普通ABI住院康復的等候時間為數星期。緩慢康復項目的等候時間會長些，因為只有少數有限的床位。病人可能要等上數月，等候期間，病人通常被安排到社區醫院或綜合性持續護理項目。

What is Complex Continuing Care?

什麼是綜合性持續護理？

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.

綜合性持續護理為綜合性受傷或進行性病情的病人提供支持性治療，但是不包括加強性的康復治療。綜合性持續護理提供專門的二十四小時住院病人護理，主要宗旨是促進及提陞病人的生活質素。

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Your at-a-glance guide to inpatient rehabilitation programs

住院康復治療項目一覽表

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.

多倫多ABI網絡根據病人的需求及目前所在醫院的出院政策，轉介病人至下列相應康復機構。

	Toronto Rehab 多倫多康復院 ↓	Bridgepoint 博康醫院 ↓	West Park West Park 健康護理中心 ↓
Location 地點 →	550 University Avenue Near University Avenue and Dundas Street West 近大學街和登打士西街	14 St. Matthews Road Near Broadview Avenue and Gerrard Street 近百老匯街和芝蘭街	82 Buttonwood Avenue Near Jane Street and Weston Road 近珍街和Weston Road
Size of unit 病區規模 →	31-bed unit. All patients on unit have ABI. 病區有31張床位。病區病人全部是 ABI病人。	9 ABI beds on a 50-bed rehab unit. Unit also serves people with stroke and bone-related injuries. 康復病區有50張床位，其中9張是ABI 床位。病區也有中風及骨科病床。	7 ABI beds on a 26-bed neuro- rehabilitation unit 神經康復病區有26張床位，其中7張是 ABI床位。
Slow-to- recover program 緩慢康復項目 →	Yes. 5 slow-to-recover beds on ABI unit. For patients at early stage in recovery. 有。ABI病區有5張緩慢康復床位， 提供給早期恢復階段的病人。	Yes. 7 slow-to-recover beds for patients with ABI or stroke. For patients at later stage in recovery. 有。7張緩慢康復病床，提供給處於後 期恢復階段的ABI或中風病人，	No slow-to-recover program. 沒有緩慢康復項目。
Security 保安措施 →	Unit has a locked door. Entry code needed to get onto unit. 病區有鎖門。進入病區需輸入開鎖 密碼。	May wear a bracelet that alerts staff if patient tries to leave unit. 病人可能需帶標誌手鏈，一旦病人欲離 開病區，會警示醫護人員。	Open access to unit. 開放式病區

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	Toronto Rehab 多倫多康復院 ↓	Bridgepoint 博康醫院 ↓	West Park West Park 健康護理中心 ↓
Room types 房間類別 →	<ul style="list-style-type: none"> ▪ Most rooms have 3 & 4 beds 大部分房間為3人或4人房 ▪ 1 semi-private room 1間雙人房 <p>2 private rooms 2間單人房</p>	<ul style="list-style-type: none"> ▪ 2 or 4 beds in each room 雙人房或4人房 ▪ No private rooms 沒有單人房 	<ul style="list-style-type: none"> ▪ Most rooms have either 2 or 4 beds 大部分房間為雙人房或4人房 ▪ 4 semi-private rooms 4間雙人房 <p>2 private rooms 2間單人房</p>
Washrooms 洗手間 →	Washrooms are located in each room. There are also 2 bathtub and shower rooms on the unit. 每間房有洗手間。另病區有2間有浴缸和花洒的浴室。	Washrooms and showers are in a central location on the unit. 病區中心位置設有數間洗手間和浴室。	Washrooms are in each room. Showers are located in a central area on the unit. 每間房均設有洗手間。浴室設於病區中心位置。
Other features 其他特點 →	Common area to eat, watch TV. Recreation & Leisure activities. 公共用餐、看電視場所及康樂消閑活動。	Common area to watch television. Recreation & Leisure activities. 公共看電視場所及康樂消閑活動。	Common area to watch television. Recreation & Leisure activities. 公共看電視場所及康樂消閑活動。
Getting there by TTC 公共交通 →	1 block north of St. Patrick subway station. 出地鐵 St.Patrick站向北一個街口。	Take streetcar south from Broadview subway station or east/west along College/Gerrard Street. 出地鐵百老匯站(Broadview)向南，或乘搭學院街/芝蘭街電車東行/西行。	10 minute walk from nearest TTC bus stop. 距最近公共汽車站步行10分鐘。
Contact 關係方法 →	(416) 597-3422 x 3593 or x 3441 www.torontorehab.on.ca 電話(416) 597-3422轉內線3593 或 3441 網址 www.torontorehab.on.ca	(416) 461-8251 x 2305 www.bridgepointhealth.ca 電話(416) 461-8251 轉內線 2305 網址 www.bridgepointhealth.ca	(416) 243-3632 www.westpark.org 電話(416) 243-3632 網址 www.westpark.org

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