

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

Three centres offer programs for patients with an acquired brain injury (ABI). They are:

- Bridgepoint Sinai Health System
- Toronto Rehabilitation Institute – University Health Network
- 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?

If the hospital has access to the electronic referral system, called RM&R, they will send a referral directly to the inpatient programs. The Toronto ABI Network only processes referrals to inpatient programs that are sent by facsimile. 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

When hospitals fax a referral for inpatient rehabilitation services, referrals are reviewed and directed to any of 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	1 Bridgepoint Drive Near Broadview Avenue and Gerrard Street	82 Buttonwood Avenue Near Jane Street and Weston Road
Size of unit	33-bed unit. All patients on unit have ABI.	12 ABI beds (17 ABI/Neuro beds in the unit).	7 ABI beds on a 22-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. Accommodate slow-to-recover beds for patients with ABI or stroke. For patients at later stage in recovery.	No slow-to-recover program.
Security	Unit is a secured unit. Card pass or buzz in system needed to get onto unit.	May wear a bracelet that alerts staff if patient tries to leave unit.	Open access to unit.
Room types	1 ward room with 4 beds 3 semi-private room 6 private rooms	2 or 4 beds in each room No private rooms	Most rooms have either 2 or 4 beds 4 semi-private rooms 2 private rooms
Washrooms	Washrooms are located in each room. Each room has 1 tub shower except the ward room has 2 bathrooms and 1 tub shower	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; 2 showers on each unit.
Other features	Common area to eat, watch TV. Recreation & Leisure activities. 2 quiet	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.com	(416) 461-8251 x 2298 or x 2064 www.bridgepointhealth.ca	(416) 243-3632 www.westpark.org