



Applying for a Cardiac Rehabilitation Hospital



You have had heart surgery. Now, you need some help (rehabilitation) learning how to take care of yourself. This pamphlet explains step-by-step how the rehabilitation program works.

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How do I apply for the rehabilitation program?

When you and your healthcare team decide that you will benefit from cardiac rehab, the social worker will send an application with your medical information to **both** The Toronto Rehabilitation Institute (TRI), Hillcrest site, and St. John's Hospital.

The social worker will complete an application with you **as soon as possible** after your surgery.

How will I know when a bed is available?

We will check if a bed is available at either rehabilitation hospital.

You will get the first available bed in **either** hospital. Remember, both hospitals help you build the strength and confidence you need to manage at home after your surgery. When a bed becomes available, it's usually ready the next day. When your doctor has approved your transfer to the rehabilitation hospital, we will talk to you about what happens next.

What kinds of rooms are available at the rehabilitation hospital?

Standard, semi-private and private rooms are available at both hospitals. Your Ontario Health Card will pay for a standard room (4 beds in a room).

There is an **extra charge** for semi-private and private rooms. Please check with your health insurance company about your coverage for these types of rooms in a rehabilitation hospital.

Note: There is an **additional** charge to have a phone or a television in your room.

What happens if I cannot get into either rehabilitation hospital?

If neither hospital has a bed, we will ask you to make other rehabilitation plans. For example, some retirement homes offer rehabilitation programs for a fee. One of our social workers can help you find such a program.

What do I need to bring to the rehabilitation hospital?

Ask a family member or friend to pack:

- loose-fitting clothes (for example, track pants, t-shirts)
- comfortable walking shoes.
- toiletries (toothpaste, hairbrush, etc.)

Please bring your Ontario Health Card with you.

What happens when I leave the Toronto General Hospital?

- The nurses will give you written information about your heart surgery. Please give this information to the rehabilitation hospital staff.
- You may be very tired from moving hospitals. Here are some tips for keeping your energy up:
 - Pack your bags the night **before** you leave the hospital.
 - Get dressed **early** the next morning.
 - Rest before you move hospitals.
- **Do not** to lift any heavy bags or luggage. Please ask your nurse or family for help.
- If you are in pain, take pain medication before moving hospitals. This will make you more comfortable during the trip between hospitals.
- You may need to rest when you arrive at the rehabilitation hospital. This is normal.

How do I get to the rehabilitation hospital?

A family member or friend can take you to the hospital. If this is not possible, we can arrange an ambulance.

Please make sure:

- You leave the Toronto General Hospital by 10 a.m.
- Get to the rehabilitation hospital by 11 a.m.

A doctor will admit you to the new hospital.

Where are the hospitals located?

- St. John's Rehabilitation Hospital
285 Cummer Ave.
North York
(Yonge and Finch area)

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Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

- *The Toronto Rehabilitation Institute (TRI)
Hillcrest Site, 47 Austin Terrace
Toronto
(Bathurst St. and Davenport Rd. area)

***Note:** The Hillcrest only has a few beds for this program.

What can I expect when I get to the rehabilitation hospital?

At the hospital:

- You will go to the admitting department to fill out any paperwork. Then, you will go to your hospital ward.
- We will talk to you about your treatment and any medication you will be taking at the hospital.
- You will spend the first day resting and getting used to the new hospital and staff.
- Rehabilitation staff will check your health and design a special program for you. This program may include attending exercise classes, other classes and special individual programs.
- You will be working with special staff like physiotherapists and occupational therapists.
- The nursing staff will check your heart, care for your incisions (cuts from your surgery) give you medication and help you with your personal care (as you need it).

How long will I stay at the rehabilitation hospital?

Most patients are in the hospital for **1 or 2** weeks. The length of your stay will depend on how quickly you recover from heart surgery.

Will I need help when I leave the hospital?

If you need help, please talk to the rehabilitation hospital staff. We can suggest or arrange services such as homecare services and Meals on Wheels. We can also refer you to private agencies that can help you at home.

Who can I contact if I have any other questions?

Please talk to the social worker who is helping you apply for the program.