

Getting Ready to Leave 7 South or 8 South at Toronto Rehab

Information for patients and families

As you get ready to leave Toronto Rehab, we have prepared some important information to make your return to the community as easy as possible.

Your discharge date will depend on your rehab needs and information we receive about what the average length of stay would be for people in Ontario with similar diagnoses and ability as you.

You are scheduled to leave Toronto Rehab at or before 9:00 am on:

Date: _____

Share this information sheet with your family and caregivers.

Together, you can plan a safe and comfortable trip back home.

What do I need to do before I leave?

- ✓ Pack up all your belongings
- ✓ Arrange transportation and for someone to take you home
- ✓ Leave all borrowed Toronto Rehab equipment in your room
- ✓ Make plans to get the equipment that your team recommended for you before your discharge (for example, walking devices, bathroom equipment)
- ✓ Have your own walking devices available to use on the day you leave (for example, your walker, cane, or crutches)
- ✓ If you have questions for the team, prepare a list ahead of time so that they can help answer them before you leave

You will receive more information as needed from the team before your discharge date.

***Important: Let your nurse know when you are ready to leave the unit on the day of your discharge.**



Will I receive anything from the health care team before I leave?

Yes, you will receive some information and items before you leave.

The nurse will get you:

- A list of your medications. Toronto Rehab will send your prescription directly to your pharmacy. Your family doctor will help you with any medication refills.
- A list of follow-up appointments if you have any.
- Medical supplies such as a staple remover and bandages to be used by your family doctor or home care nurse for your incisions or wounds, if you need any.
- Other _____

The physiotherapist or occupational therapist may get you:

- Home exercise program
- A list of equipment you will need.
- A list of vendors and suppliers where you can get the equipment.
- Referrals to any other doctors or therapists you may need to see after you leave.
- Other _____

Who can I contact if I have more questions?

- If you have questions about your medical condition after you leave rehab, call your family doctor who will continue your care in the community. Please make an appointment with your family doctor within 1 or 2 weeks of leaving Toronto Rehab. We will send your family doctor a report to update them on your medical condition after you leave rehab.
- If you have questions about Home and Community Care Support Services, call 310-2222, or search for your local office by postal code at: <https://www.ontario.ca/page/home-community-care>.
- If you are attending outpatient therapy at Toronto Rehab and have questions about follow-up therapy, please call 416 597 3422 ext. 4514.
- If you are attending outpatient therapy somewhere other than Toronto Rehab, and have questions about follow-up therapy, please call that clinic or organization directly.
- For questions about recommendations provided during your stay here, please call your therapist. You can find their contact information on the sheets they provided.

In case of emergency, call 911.

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