



Getting ready to leave Toronto Rehab

Information for patients and families

You are scheduled to leave Toronto Rehab at:

Time: 9:00 am

Date: _____

Share this information sheet with your family and caregivers.
Together, you can plan a safe and comfortable trip back home.

What time will I be leaving Toronto Rehab?

Please be ready to leave the hospital at 8:30 am on the day you are scheduled to go home.

This is to make sure that both you and new patients coming in to Toronto Rehab will have a safe and comfortable journey. After 8:30 am, please feel free to wait in the dining room on 8 South until your family and/or friends come to pick you up.

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, a walker to go home, shower chair)
- ✓ Pay any hospital fees you owe at Patient Accounts.

The Patient Account's office is located on the main level at the University entrance (across from Druxy's). It is open Monday to Friday from 8:00 am to 5:00 pm.

Closed for lunch between 1:00 pm and 2:00 pm.

Please visit the UHN Patient Education website for more health information: www.uhnpatienteducation.ca
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Will I receive anything from the healthcare team before I leave?

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

From the nurse, you will get:

- Your medicine prescriptions.
- You will need to take this to your local pharmacy.
- A list of follow-up appointments if you need it.
- Instructions on how to take care of yourself while you are healing.
- Any medical supplies you might need while you are healing.
- You may get supplies such as bandages and staples removers.
- Other _____

From the physiotherapist/occupational therapist staff, you may get:

- Home exercise program
- A list of equipment you will need to get.
- 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?

Before leaving 8 South, talk to any member of your inpatient team if you have questions about going home.

For questions about your medical condition, call your family doctor. Your family doctor will continue to care for you after you leave the hospital. We will send your family doctor an updated report on your condition.

For questions about Home Care Services (for those who qualified), call: 416 or 905 310 2222.

If you are attending outpatient therapy at Toronto Rehab and have questions about follow-up therapy, please call 416 597 3422 extension 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.