

Lyndhurst Centre Patient Education



Preparing yourself to live in the community is an important part of your rehabilitation. Each day you will learn something new about living with and managing your spinal cord injury. There is a lot of new information to learn. Learning to manage health challenges that come up will help you to be more successful in the community.

Getting Started Education Sessions

As part of your rehabilitation, you will attend weekly education sessions called “Getting Started”. These sessions cover various topics about managing spinal cord injury. Take a look at the information board outside the main gym for the current schedule. Topics covered include:

- Skin care
- Directing you own care
- Emotional wellbeing
- Pain concerns
- Bowel and bladder care
- Sexuality
- Preparing for discharge
- Wheelchair maintenance

Spinal Cord Essentials

Spinal Cord Essentials are education handouts that cover many areas of spinal cord injury. These handouts can help you and your family learn about your injury. Each patient care unit has a file cabinet full of handouts for you to take. There are cabinets in the Physiotherapy and Occupational therapy areas as well. Visit the www.SpinalCordEssentials.ca website for handouts in English, French, Farsi, Chinese and Spanish.

Contact your Patient and Family Educator for more information.

CONTACTS

Originally written by: Sandra Mills. ©2017 University Health Network - Toronto Rehab. Revised 2022. All rights reserved. **Disclaimer:** Information is provided for educational purposes only. Consult a qualified health professional regarding specific medical concerns or treatment. University Health Network does not assume and disclaims any liability to any party for any loss or damage caused by errors or omissions in this publication.

www.SpinalCordEssentials.ca

SCE2-Pa4-2017-03-22

