

Referral Guide

About Complex Injury Outpatient Rehab

Complex Injury Outpatient Rehab offers comprehensive, coordinated and cost-effective rehabilitation for people with complex acquired brain, musculoskeletal injuries and stroke. Located at Toronto Rehab, a teaching hospital affiliated with the University of Toronto, our evidence-based services are provided by a specialized interprofessional team and offer access to the latest advancements in rehabilitation science. We focus on improved patient outcomes and work closely with patients, families, caregivers, insurers, and community agencies to help individuals return to active living in their communities – at home, at work or at school – as soon as possible. Services are provided in an outpatient setting and in the community.

Complex Injury Outpatient Rehab – Neuro Program (CIOR-Neuro)

The defining feature of our CIOR-Neuro program is an interdisciplinary approach that addresses the patient's:

- cognitive and communication impairments
- neurobehavioural impairments
- neurophysical impairments
- interpersonal and psychosocial issues
- affective issues

Complex Injury Outpatient Rehab – MSK Program (CIOR-MSK)

The defining feature of our CIOR-MSK program is an interdisciplinary approach that addresses the patient's:

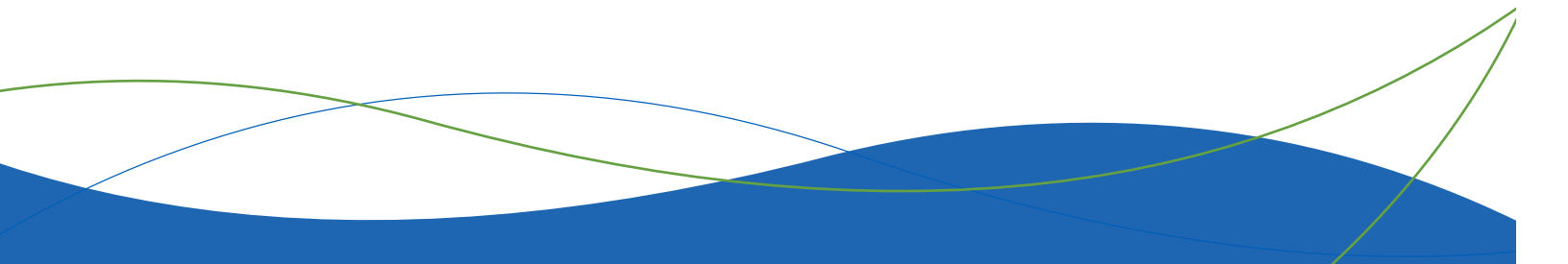
- complex musculoskeletal and system injuries
- complex pain syndromes
- cognitive and communication impairments
- interpersonal and psychosocial issues
- affective issues

Our integrated treatment services also include:

- a service coordinator to assist patients and referral sources to access services across the entire continuum of care (inpatients and outpatients)
- a goal coordinator assigned to each patient to coordinate care during the program
- formal team meetings for treatment planning
- integrated goal setting and monitoring by all team members

One-Stop Service

Following a comprehensive, interprofessional assessment, each patient receives a goal-oriented, customized treatment plan designed to support reintegration into his/her community. Services offered by our interprofessional team include:

- Comprehensive integrated assessment and treatment by experienced rehabilitation professionals
 - Early assessment and detection of brain injuries
 - Attendant care needs assessment
 - Activities of daily living assessment and follow-up
 - Ergonomic assessment and follow-up
 - Job site analysis and vocational intervention
 - Functional capacity evaluation
 - Interprofessional team meetings with patients, families and stakeholders
 - Individual and/or group therapy within an outpatient or community setting
 - Return to work and school coordination
 - Exercise programs (individual/group on site or in the community)
 - Patient and family support and education
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One-Stop Service (cont.)

All services and therapies are delivered under the supervision of a consulting physician and coordinated in one of two convenient locations (University Centre for acquired brain injuries and stroke and Hillcrest Centre for musculoskeletal injuries). The outpatient treatment plans are both intensive and tailored to the patient's needs in order to promote optimal outcomes. For example, in some situations a patient's treatment may be home-based initially and gradually transition to 3-5 days of clinic-based services per week. In other cases, treatment will occur in the clinic 3-4 days per week from the outset and transition back into the community. All plans are individualized to meet the patient's needs to obtain the best outcomes. Patients also have access to specialty clinics at Toronto Rehab including the Physiatry, EMG and Spasticity Clinics.

In the brain injury aspect of our program, many interventions may also occur in the community to promote maximum generalization of skills learned in treatment. This unique feature of the brain injury program offers a chance to practice community living skills in real world environments under the guidance of experienced therapists. Since applying strategies learned in a gym, clinic or classroom is often difficult for individuals recovering from brain injury, this component of our program is extremely important for promoting optimal community re-integration.

Who Benefits from our Services?

We assess and treat individuals with multiple fractures, moderate to severe acquired brain injuries or multiple system injuries who are ready for outpatient rehabilitation following a stay in acute care or inpatient rehabilitation. We also welcome people who are already living in the community who still have ongoing goals including independence, meaningful daily activity or return to work or school.

Patients admitted to the program must be medically stable and without severe behavioural issues that would preclude them from benefiting from the program. They must also be cognitively able to participate in an intensive treatment regimen that includes supervised activities in the community. All program participants must demonstrate readiness to work toward identifiable community re-integration goals. If available, we will work with the patient's support person (i.e. caregiver, family member) who can help implement strategies at home and in the community between formal treatment sessions.

Not from the GTA?

Where distance is a factor for brain-injured patients living in communities outside the GTA, our team can conduct the initial assessment and develop an individualized treatment plan so that the provider can support the patient in his/her own community. Members of the Complex Injury Outpatient Rehab team can be available to providers to offer ongoing advice and expertise in the treatment of their patient, and to modify the treatment plan as necessary through periodic follow-up with the patient.

Our Team

Our interdisciplinary team offers extensive expertise in both musculoskeletal and neuro rehabilitation and includes:

- Neuropsychologists
- Nurses
- Occupational therapists
- Physiatrists
- Physicians
- Physiotherapists
- Psychologists
- Rehabilitation therapists
- Social workers
- Speech language pathologists
- Massage therapists
- Other specialists, as needed

Cost of Services

Services provided through Complex Injury Outpatient Rehab are typically not covered by OHIP. In most cases, services are covered by third party payors such as motor vehicle insurance, the Work and Safety Insurance Board (WSIB) and/or extended health benefits.

Making a Referral

To make a referral to Toronto Rehab's Complex Injury Outpatient Rehab service, please contact complexinjury@torontorehab.on.ca or download a referral form at www.torontorehab.com and fax it to 416-597-7164.

For more information about Complex Injury Outpatient Rehab, please contact the Referral Coordinator at 416-597-3422, ext. 3486.