



## A history of experience

West Park opened in 1904 as a tuberculosis sanitarium and became one of the largest facilities in Canada devoted to the most advanced cases of the disease. With the development of new TB treatments, we were able to apply our exemplary care to more health care issues.

Today, West Park is a regional adult rehabilitation centre, a provider of complex continuing care and long-term care services. Our specialized skills and expertise in meeting complex physical rehabilitation needs are internationally recognized.

## You can help

Donations to the West Park Healthcare Centre Foundation support research and the purchase of equipment not covered by provincial funding.

To add your support, contact the Foundation office at 416-243-3698 or [foundation@westpark.org](mailto:foundation@westpark.org).



## Rehabilitation options after you are discharged

Inpatient rehabilitation is, in most cases, only the beginning of a long journey to recovery. We know the path that you have to travel for weeks, months and occasionally years after your stay with us. We will make every effort to facilitate smooth transition to West Park's outpatient services, or fee-for-services available through our Pro Active Healthcare Clinic, or other services available in the community.

For more information about West Park's Pro Active Healthcare Clinic, call 416-243-3778 or visit [www.proactivehealthcare.ca](http://www.proactivehealthcare.ca).

### TRANSPORTATION

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222



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[www.westpark.org](http://www.westpark.org)



West Park  
HEALTHCARE  
CENTRE

Get your life back.

## Trauma

Recovering from falls, motor vehicle accidents, workplace injuries, sports-related injuries and other traumatic events



## What is Trauma?

It is an unexpected injury to one or more parts of the body that can happen as a result of a car accident, fall, sports activity or at work. Its severity varies. Minor mishaps do not require hospital admission or lengthy course of rehabilitation. More complex injuries, particularly those that require surgery, in most cases require expert rehabilitation. Such a program is offered at West Park.

## How West Park can help

Our team of experts understand your physical and emotional needs following unexpected injury. We know how to best help you set reasonable goals and we will help you achieve those goals through diligent work and education. We make it our business to make you as independent as possible.



## West Park Musculoskeletal (MSK) Rehabilitation Service

### Working with you on the Road to Recovery

#### Ready to work

Upon your arrival to West Park, members of the team will assess you and determine your immediate needs. We will consult with you and your family members to learn about your home and work environment. We will ask you about your extracurricular interests and activities as we want to make sure that we enable you to participate in as many of those as possible.

#### What to expect

First and foremost you can expect compassion and understanding. You can count on our sensitivity and professional expertise. You will have the benefit of first-line clinicians whom you will see on a regular basis, as well as those members of the team who are not so readily visible on our wards. The dietitian, for example, will look into each and every requirement that you may have to ensure proper nutrition while at the same time respecting dietary restrictions and cultural preferences when necessary.

As a specialized facility for rehabilitation we have easy access to services that you may require only sporadically. We have psychologists and neuropsychologists on staff, chiropractors and various medical and surgical specialists. We have a full-time funding support assistant and a chaplain available to help you. Our care coordinators will see you through the rehabilitation process from beginning to end. They will ensure that your follow-up appointments are kept and will help you organize transportation. It is each patient's responsibility to pay for transportation to and from clinics.

#### What to bring

Although we are a hospital facility, we make every effort to make it feel as close to home as possible. Bring comfortable clothes that you can exercise in, a pair of running shoes and a bathing suit.

Bring some books and treasured photos. You can also bring a small TV or you can rent one. If you prefer music, bring your MP3 player or a small radio. We do ask that you get ear phones for the sake of your neighbours who may prefer quiet time.

#### Visitors

We encourage visits from your family and friends. But we are also sensitive to the needs of others around you. Having too many visitors can create problems. We simply ask that you exercise courtesy towards your neighbours. Visiting hours are from 11:00 a.m. to 9:00 p.m. Two visitors per patient at one time are permitted.

#### Going home

Your discharge date will never come as a surprise. Planning for this special day is a work in progress throughout your stay and the date for leaving the West Park inpatient program is agreed upon well in advance, giving you and your family time to prepare and giving us the opportunity to get all equipment ready, prescriptions and follow-up appointments organized prior to your discharge date. Some patients will require pre-discharge home assessment and others might need a whole weekend spent at home to ensure that they can function in a safe manner.