

Lyndhurst Centre Social Work Services



The social work service at Lyndhurst provides you with discharge planning from hospital, adjustment counseling and future planning for living with a spinal cord injury. They assist with discharge and future planning by helping you find community resources and programs to support your goals. Social workers work closely with you, your family and your care team both in the hospital and in the community. They help you make sure the proper supports are in place once you are back in the community. They will provide information about services and help you apply for them. Social workers also help you and your family cope emotionally with the effects of spinal cord injury. Social workers are available to inpatients and outpatients. Inpatient offices are located on the 2nd floor. The outpatient office is located in the outpatient area on the 1st floor.

Initial Assessment

At your first meeting with your social worker, you will be asked about the following:

- Your life before Lyndhurst.
- People in your life who will support you.
- How you are coping.
- Practical needs such as finances and housing.

What Social Workers Do?

- Discharge and future planning.
- Working with your community service providers/external teams.
- Resource counselling and education.
- Individual, couple, and family counselling.
- Working with your care team.

How Can Social Work Help?

Examples of the type of counselling social workers provide include:

- Help you understand and deal with a wide range of feelings. These include loss, anger, sadness, low self-confidence, adjustment to change, etc.

Contact your Social Worker for more information.

Originally written by: Lori Epstein. ©2015 University Health Network - Toronto Rehab. 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.

CONTACTS

www.SpinalCordEssentials.ca

SCE2-Pa2-2016-11-22





Lyndhurst Centre Social Work Services



- Discuss how you are adjusting to living with a disability.
- Guidance about the future and your discharge to the community.
- Help you explore different ways of solving problems.
- Help you deal with changes in relationships with friends and family members.
- Discuss concerns related to sexual health.
- Provide referrals to resources and supports needed in the community.

Community Support Worker

The social worker may refer you to a Community Support Worker (CSW). The CSW's can help connect you with various resources in the community. These resources include finances, housing, and other supports (e.g. food banks, shelters, etc.).