

WRHA Rehabilitation Programs

Geriatric Rehabilitation



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Geriatric Rehab Facilities



[Deer Lodge Centre](http://deerlodge.mb.ca)
deerlodge.mb.ca



[Seven Oaks Hospital](http://sogh.ca)
sogh.ca



[Victoria General Hospital](http://vgh.mb.ca)
vgh.mb.ca

It is time for you to move to the next part of your recovery! You need more time to get stronger before you leave the hospital. You have been accepted to transfer to a Geriatric Rehabilitation Unit.

When?

You will move to a Geriatric Rehab unit when there is space available for you. The exact date is hard to predict. You and your health care team will keep working to build your strength and abilities while you wait. If you meet your goals before you move to rehab, you may be discharged directly from here.

Where?

Geriatric Rehabilitation units are at Deer Lodge Centre, Seven Oaks Hospital and the Victoria General Hospital. You have been placed on a central waitlist.

While you might have a preference of where you would like to go, it is **required that you accept the first bed available** within these three facilities.

What?

An inter-professional team will guide you in therapy to get you as strong and independent as possible.

How will you pay for this?

There is no cost to you for transportation to the Geriatric Rehab unit. There is no cost for the services provided.

How long will you be staying?

Your length of stay depends on your individual needs. Your length of stay will be a minimum of one week and an average of about four weeks.



Preparing for your rehabilitation stay:



Aids: If you use any of these, bring them to rehabilitation:

- Glasses
- Walking aids/cane from home
- Wheelchair from home



Clothes:

- Underwear and bra or undershirt
- Pajamas and a housecoat
- Socks
- 1 weeks' worth of comfortable, casual clothing that is easy to move and exercise in, such as pants, shirts or sweaters



Shoes:

- Walking shoes or runners
- Slippers—closed toe and closed heel with non-skid sole are best



Hygiene Supplies:

- Brush/comb
- Mouth care supplies—toothbrush, toothpaste, dentures, denture powder or paste
- Deodorant
- Shaver/make-up if applicable



For Fun:

- Activities such as books, puzzles etc.
- You may bring electronic devices.
- Availability/reliability of wifi may vary.

If you have any questions please feel free to contact the program clinician who placed you on the Central Wait List or the unit manager.