

# WRHA Rehabilitation Programs

## Specialized Rehabilitation



Winnipeg Regional  
Health Authority  
Caring for Health

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

## Specialized Rehab Facilities



[Riverview Health Centre](http://riverviewhealthcentre.com)  
[riverviewhealthcentre.com](http://riverviewhealthcentre.com)



[Health Sciences Centre](http://hsc.mb.ca)  
[hsc.mb.ca](http://hsc.mb.ca)

For more information you  
can also go to:  
[wrha.mb.ca/rehabilitation/  
inpatient-services/](http://wrha.mb.ca/rehabilitation/inpatient-services/)



It is time for you to move to the next part of your recovery! You and your health care team feel that you need time to improve your function before you go home or to a setting that best meets your needs. You have been accepted to transfer to a Specialized Rehabilitation Unit.

### When?

You will move to a Specialized Rehab unit when there is space available for you. The wait depends on a number of factors, so the exact date is hard to predict. Until then, you and your health care team will keep working toward your goals. If your goals are met prior to moving to rehab, you may be discharged from this unit.

### Where?

Specialized Rehabilitation units are located at Riverview Health Centre and the Health Sciences Centre. You have been placed on a central waitlist.

### What?

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

### How will you pay for this?

Transportation to the rehabilitation unit will be provided at no cost to you. There is no cost for the services provided.

### How long will you be staying?

Your length of stay depends on your individual needs. The team will discuss rehab goals and estimated length of stay with you.



# 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.