

How do I get referred?

Referrals are received from health care professionals involved in your care. All referrals are sent to the Provincial Ambulatory Stroke Rehabilitation Clinic to identify the most appropriate location to meet your needs.

Stroke survivors discharged from the in-patient stroke units will be given priority.

How do I find out when my appointment is?

You will be contacted by phone or you may receive a letter confirming your appointment.

What do I bring to my first appointment?

- Your Health Card
- All of your current medications
- Any paperwork given to you by your doctor (such as test results)
- A support person to accompany you, if possible
- Comfortable clothing and footwear

If you are unable to keep any of your appointments, please notify the clinic as soon as possible. It is important to attend all booked appointments for the best care.

LEARN THE SIGNS OF STROKE

FACE is it drooping?
A RMS can you raise both?
S PEECH is it slurred or jumbled?
T IME to call 9-1-1 right away.

ACT **F A S T** BECAUSE THE QUICKER YOU ACT, THE MORE OF THE PERSON YOU SAVE.

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Provincial Ambulatory Stroke
Rehabilitation Services
Phone: (902) 894-2060

Provincial Stroke Navigator
Phone: (902) 620-3506
Toll free: 1-844-871-0634

For more information on
Organized Stroke Care
visit healthpei.ca/stroke

Health PEI
One Island Health System

17HPE06-46199

Provincial Ambulatory Stroke Rehabilitation Services

Working with you
to maximize your
independence and
quality of life



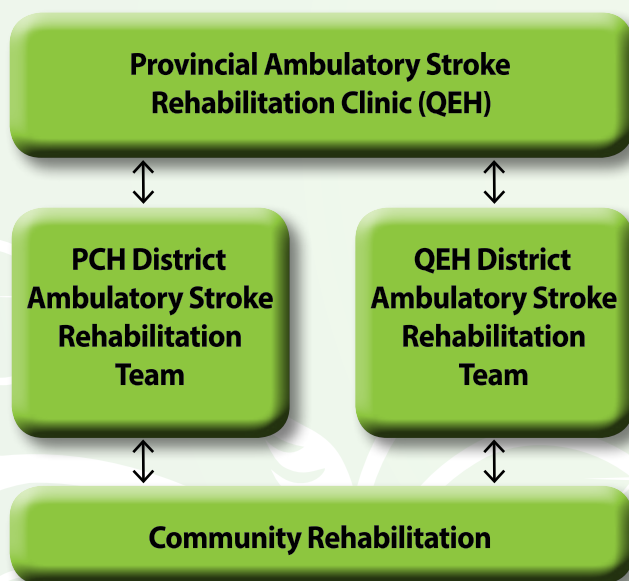
ORGANIZED  CARE
STROKE
SOINS COORDONNÉS DE L'AVC
PRINCE EDWARD ISLAND/ÎLE-DU-PRINCE-ÉDOUARD

What is post-stroke rehabilitation?

Rehabilitation helps stroke survivors re-learn skills that are lost when part of the brain is damaged by a stroke. The types and degrees of disability that follow a stroke depend upon which area of the brain is damaged and how much is damaged.

Post-stroke rehabilitation involves physicians, rehabilitation nurses, physiotherapists, occupational therapists, speech-language pathologists, and social workers. The treatment program involves a team approach to help you become as independent as possible in your mobility and self care tasks.

Depending on the stroke survivor's needs, rehabilitation care can be provided at the Provincial Ambulatory Stroke Rehabilitation Clinic at the Queen Elizabeth Hospital (QEH), at District-level Ambulatory Stroke Rehabilitation at either the QEH or PCH; or even at the community-level.



What is the Provincial Ambulatory Stroke Rehabilitation Clinic?

This is a consultative service which:

- follows up with stroke survivors to ensure you receive appropriate services;
- acts as a provincial resource to other teams or single services working with you and your family; and
- serves as a liaison with out of province service providers for ambulatory rehabilitation services.

The clinic nurse may speak with you to identify your treatment needs and the most appropriate services to assist you.

What is the District Ambulatory Stroke Rehabilitation Team?

The district level teams provide intensive ambulatory rehabilitation for stroke survivors to improve your functional independence.

Treatment programs are aimed to improve:

- Arm and hand function
- Balance, mobility and transfers
- Self care tasks such as dressing
- Speaking and understanding others
- Swallowing
- Other activities not listed such as homemaking and managing money

What can I expect as part of my treatment plan?

Your rehabilitation care team will complete an assessment and work with you to identify treatment goals. From there, a treatment plan and schedule will be developed and may involve one or more visits to the Provincial Ambulatory Stroke Rehabilitation Clinic and/or more frequent visits to the District Ambulatory Stroke Rehabilitation Team at the QEH or PCH. The duration of your treatment plan will depend on your treatment goals and progress.

Your care is based on your individual needs. The team will regularly re-assess your needs and keep your physician up to date on your progress.

Where appropriate, you may be referred to a therapist in your community to assist you in meeting your goals.

Referrals may also be made to other community services to support you in your recovery.

