

Instructions for Acute Care Providers on the Information Letter for Patients Being Referred to Rehab/Low Tolerance Long Duration Rehab Programs

Introduction

The standardized information letter for patients and families on the next page was developed to assist acute care referrers when making referrals to inpatient rehab or low tolerance long duration (LTLD) rehab programs located in a rehab/CCC hospital.

The letter has been developed with input from directors, managers and front-line social workers/discharge planners in the acute care and rehab/CCC hospitals within the Toronto area.

Purpose of Letter

- The intent of the letter is to provide a 1 page general introduction to patients/families about what they can expect in the next phase of their recovery if they are accepted into a rehab/LTLD program.
- It has been developed to provide clear, standardized information to share with patients/families during discharge planning discussions.
- The letter does not apply to referrals to a long stay program in complex continuing care.

Instructions

We encourage you to...

- Share the letter with patients/families when discharge planning first begins and consent is being obtained to make a referral to an inpatient rehab or LTLD rehab program.
- Review the letter again with the patient when the patient has been accepted to a specific hospital.
- Inform patients that more detailed organization-specific information about individual rehab/CCC hospitals will be given to patients upon their admission to the post-acute care hospital that has accepted them.

Important Information for Patients Being Referred to Rehab/Low Tolerance Long Duration Rehab Programs

Dear Patient and Family:

We are applying to a Rehab/Complex Continuing Care (CCC) hospital for the next phase of your recovery. If you have coverage for a private or semi-private room, please let your acute care team know now so that they can request it for you.

We want your stay in the Rehab/CCC hospital to be successful from the start. Your Rehab/CCC care team will work with you and your family to help get you back home. Here is some information on what you can expect during your stay there.

✓ ***Come ready to participate. Bring comfortable clothing...***

Your Rehab/CCC team will help you to work hard to regain your strength and independence as much as possible. They will help you to be active as soon as possible, so you will need comfortable clothing to participate.

✓ ***Your family and friends are important to your success...***

Your team will work with you to get you back home. They will want to include your family in the planning process, so your family will need to be involved and available during your rehab/CCC hospital stay.

✓ ***Your rehab/CCC hospital stay is only a small part of your recovery...***

You will stay overnight in the Rehab/CCC hospital while you need 24 hour nursing care. You will go home when you no longer need this level of care, but you may still need more rehabilitation. If you do, your rehab/CCC team will connect you to outpatient or community rehabilitation to help you to continue to recover.

✓ ***Planning for discharge starts as soon as you arrive...***

Your rehab/CCC care team will decide how long you need to stay in the Rehab/CCC hospital. They will work with you, your family, and the Community Care Access Centre (CCAC) to help you return home with the support you need. If you need to live in a setting that provides more support (such as a long-term care home), they will help you to arrange that. If space is not available right away, they will arrange for services to help you to wait at home.

These are the Rehab/CCC hospitals within Toronto:

