

Program Definition

First introduced in 1988, Geriatric Rehabilitation is an important part of the Care of the Elderly and Rehabilitation Program of the SCO Health Service. Geriatric Rehabilitation is designed to improve the elderly patient's medical status, general functioning, and independence. It is now the only program of its kind in greater Ottawa. This program, along with our Day Hospital programs, provides a continuum of care, assisting the elderly to remain in the community. Care in the Geriatric Rehabilitation Program is provided by a core team of health care professionals with skills in geriatric care: physicians and nurses, occupational and physical therapists, social workers, pharmacists, dietitians, speech-language pathologists and psychologists. The team, patient and family work together closely and strive to obtain the best possible outcome after severe illness, injury or surgery.

Goals

- To improve the functional level and medical status of those elderly who have experienced debilitating illness, injury or surgery.

- To provide education regarding relevant medical and functional conditions to patients and families.

- To assist patients in making any necessary adjustments in psychosocial and lifestyle resulting from their illness.

- To prevent unnecessary institutionalization of the elderly, through active rehabilitative short-term hospitalization focussed on achieving functional gains.

Eligibility

Elderly patient.

- Recovering from debilitating illness, injury or surgery, or any condition resulting in loss of functional capacity.
- Medical and surgical stability, i.e. orthopedic patients with partial weight bearing or more; medical patients who have no active illness that will hinder rehabilitation.
- Potential for functional improvement, including sufficient energy and endurance.
- Able to learn and retain new information.
- Motivated and willing to participate.
- Wishing to return to community living.
- Insured under provincial health care plan.

Admission Process

- Referring physician requests a consultation to determine the appropriateness of the patient for Geriatric Rehabilitation.
- A designated physician does an assessment of the patient's suitability for geriatric rehabilitation.
- An interdisciplinary admission committee uses the information provided by the physician for final acceptance.
- If accepted, the patient is admitted as soon as a bed becomes available, usually within four weeks.

Scope

- Patient initially assessed by an interdisciplinary team of health care professionals.
- Individualized therapeutic goals established, and treatment plan developed by the team.
- Structured therapy provided according to the treatment plan.
- Active discharge planning from time of admission.
- Family involvement for information, decision-making and education.
- Close collaboration with acute care hospitals, geriatric day hospitals, the CCAC and other community resources.