



# Outpatient Neuro Rehab Services

## Virtual and In Person Therapy

All our therapies are available in person or virtually. In order to participate in virtual therapy, it is recommended that you:

- Have access to email and reliable internet
- Have access to a tablet, laptop, or desktop computer with camera and microphone (smartphone is not sufficient)

## How Will I Get There?

We are located at **the Mississauga Hospital, 100 Queensway West:**

1. Come in the Main Entrance
2. Take Elevator A and go down to the Ground Floor
3. Turn left and follow the hall into Rehabilitation Services.

You must arrange your own transportation to and from the Outpatient Neuro Rehab Services

Clients living in Peel region may qualify for TransHelp. TransHelp may be reached at (905) 791-1015.

## Contact us

For more information about the Outpatient Neuro Rehab Services, please call:

Phone: (905) 848-7280  
Fax : (905) 848-7537  
Website: [www.thp.ca](http://www.thp.ca)

## Appointment Hours:

Monday to Friday: 9:00 a.m. - 4:00 p.m.



**Trillium Health Partners**

**Mississauga Hospital**



**Credit Valley Hospital**  
2200 Eglinton Avenue West  
Mississauga ON L5M 2N1  
T: (905) 813-2200

**Mississauga Hospital**  
100 Queensway West  
Mississauga ON L5B 1B8  
T: (905) 848-7100

**Queensway Health Centre**  
150 Sherway Drive  
Toronto ON M9C 1A5  
T: (416) 259-6671



**Trillium Health Partners**  
**Better Together**

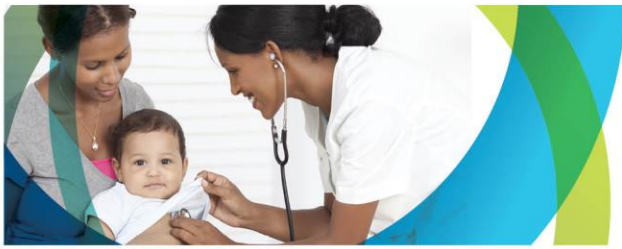
**A new kind of health care for a healthier community**



Your Guide to

**Outpatient Neuro Rehab Services**





# Outpatient Neuro Rehab Services



## OUTPATIENT NEURO REHAB SERVICES

### Is This Program For Me?

The Outpatient Neuro Rehab Services offer a variety of coordinated health services for individuals diagnosed with a neurological condition. You may be eligible for the program if you have had:

- A recent stroke within the past 9 months
- An acquired brain injury (e.g. aneurysm) within the past 12 months
- A neurological condition (i.e. multiple sclerosis, degenerative conditions)

#### You must:

- Be over 18 years old
- Be medically stable
- Have shown recent progress in your recovery and have clear rehab goals
- Be able to tolerate at least a 3 hour program plus transportation time (less if only one service is required)
- Live within Trillium's service area
- Commit to attend regular sessions and complete recommended home activities and/or exercises
- Be under the care of a family physician
- Not be under the influence of drugs/alcohol.

### Who Will Support Me?

Services are tailored to your needs and may include one or more of the following interdisciplinary team members:

- **Speech-Language Pathology (SLP)**
- **Social Work (SW)**
- **Physiotherapy (PT)**
- **Occupational Therapy (OT)**

### What Does The Program Offer?

The rehabilitation team offers an individualized, comprehensive program designed to help you achieve your rehabilitation goals and optimize your recovery. The interventions may include exercise programs, practice of daily activities, counseling and education specific to your needs. Your progress will be evaluated regularly by the team.

The goal of the program is to provide you and your family with the knowledge and skills to manage your health/condition and facilitate successful re-integration into the community.

### Specific Needs

#### Services offered include:

##### OT

- Arm and hand therapy
- Cognitive and visuoperceptual assessment and retraining
- Retraining of daily living skills
- Equipment recommendations
- Address community reintegration issues

##### PT

- Leg and ankle therapy
- Walking and balance re-training
- Re-training of facial muscles following Bell's Palsy and acoustic neuroma
- ADP assessment for walkers/canes
- Physical conditioning and endurance building

##### SLP

Assessment and treatment for:

- Speech difficulties
- Language difficulties (comprehension, recalling words, expressing an idea; reading or writing)
- Cognitive communication (memory, reasoning, problem solving, organizing)
- Swallowing difficulties

##### SW

- Individual, family, marital counseling
- Assistance with financial needs
- Linkage to needed community resources
- Stress reduction