

# **Welcome to B2 North – Stroke Rehabilitation**

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B2 North is the stroke rehabilitation unit in the Regional Rehabilitation Centre at Hamilton General Hospital. You will continue to work on your rehabilitation that started on 7 South with the health care team here. The stroke rehabilitation team on B2 North will help you regain as much independence as possible. Your family and friends are encouraged to take part in the program and help you with your rehabilitation.

## **What do I bring to B2 North?**

Each day you will get up and dress in your regular clothes. Wear loose fitting clothing, such as track pants, and wear supportive and comfortable shoes that you will be able to exercise in.

If you are coming to the program from home, bring in the medications or a list of the medications you currently take on the first day you start the program.

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Also bring:

- ✓ at least 3 outfits of loose fitting clothing, such as track pants, t-shirts and sweaters
- ✓ running shoes and socks
- ✓ personal items, such as toothpaste and toothbrush, shampoo, comb or hairbrush, soap, shaving equipment or cosmetics
- ✓ hearing aid, glasses, dentures,
- ✓ special devices you may use, such as a walker or brace

You will be given a locker to keep your supplies in.

Please do not bring more items than will fit in this locker.

Do not bring valuables, jewelry or large amounts of cash.

## **What can I expect in the first few days?**

You will meet with members of the health care team to talk about your goals in rehabilitation. Your goals are the things you want to accomplish while you are in rehabilitation.

For example, some people want to learn how to walk unassisted in their home. Some people want to be able to cook their meals. Other people want to work on their ability to speak. Different people have different goals, depending on how the stroke has affected them. Your rehabilitation health care team will help you work on your goals.

You will have therapy classes every day, from Monday to Friday. The schedule you follow will depend on what you need and what your goals are.

Your team will meet to discuss your progress and discharge plans every other week.

Remember ... you and your family are the most important members of the team. We will ask you for your input before each of our meetings. You can voice concerns or ask questions to any team member at any time.

## **Planning for your discharge**

Discharge planning starts from the time you enter the program. Our social worker will help you with planning what you will need when you leave the program. The whole stroke team will help make your transition out of rehabilitation as smooth as possible.

To help prepare for discharge, we recommend that patients go on a pass. You can go on three different types of passes:

- **Day Pass** – a few hours away from the hospital.
- **Overnight Pass** – one night away from the hospital.  
The pass usually starts on Saturday morning after breakfast and morning care. You return to B2 North by 8:30 pm Sunday night.
- **Weekend Pass** – 2 nights (or 3 nights for long weekends).  
The pass usually starts Friday after 4:30 pm and you return by 8:30 pm Sunday night.

When you go on a pass, you need to:

- pick up your pass medications before you leave. Bring any unused medication with you when you return to B2 North. For patients with communication difficulties, families need to tell the staff when the last dose of medication was taken at home.
- sign out in the Pass Book before you leave and sign in when you return.
- have a caregiver/family stay with you during the pass.
- call 911 if you have a medical crisis during the pass.

## **After the program**

Your work is not done when you leave the rehabilitation program. You will need to continue to practice your exercises and use the information you learned in the program. Before you finish the program, your rehabilitation therapists may give you exercises to do on your own or with family members or support persons. They may also connect you with therapists in the community.

You will have a follow-up appointment in the Regional Rehabilitation Centre after you are discharged from the program. Your doctor will review how you are doing and managing with your therapy.

## **Other information about B2 North**

### **Meals**

Breakfast is served in your room. All other meals are served in the patient dining room.

### **Laundry**

There is equipment for you or your family to do your laundry on B2 North. You will need to bring your own detergent.

### **TV and telephones**

A rental service allows patients to activate their television and telephone at their bedside. Please ask your nurse for details.