



Planning the Next Steps after Hospital

When a stroke survivor is medically ready to leave the hospital, the health-care team will work closely with the survivor and his/her family to make a safe discharge plan that addresses their needs.

There are many options for rehab after a stroke. While following guidelines set by the Ministry of Health and Long Term Care (MOHLTC), the health-care team will work with the stroke survivor and his/her family to decide which option best meets their needs. All options will include tailored rehab plans for further recovery.

Discharge options may include:

❖ Home

- This could include home care services by the family, Community Care Access Centre (CCAC), community agencies and/or private agencies.

❖ Retirement home

- These are privately owned facilities with different levels of costs. Options are available for those with limited income. These homes offer things like meals and medication support. Care from outside agencies is welcome for people living in a retirement home.

❖ Retirement home, with assisted living

- These are privately owned facilities with different levels of care and costs. Many of these homes allow for short-stays/convalescence and offer a very high level of care. Some usual services are: Meals, medication support, personal support, nursing and physiotherapy. These homes also welcome care from outside agencies.

❖ Inpatient or outpatient rehabilitation

- There are a few options for this kind of rehab. Admissions are based on factors like: Assessments by the team in acute care, medical status, ability to follow instructions, activity tolerance, mobility and level of functioning before hospitalization. Once all assessments are complete, your Social Worker will talk about options for rehab with you.

❖ Convalescent care program

- This program is funded through the Ontario Health Insurance Plan (OHIP). It is often used by those who are medically well and are leaving hospital, but need time to recover before returning home or before another procedure. One must have clear and achievable therapy goals to be accepted. The program is run out of 3 local Long-term Care facilities and applications go through the CCAC.

❖ Long-term care (LTC)

- These are MOHLTC regulated facilities with pre-set rates and often have long wait lists. For your safety and comfort, a short stay in your home, a convalescence facility or in a retirement home may be required before moving to LTC. This kind of short stay may include private and/or CCAC services and all LTC applications are managed by the CCAC. This process is in keeping with the MOHLTC Home First Philosophy. http://www.health.gov.on.ca/en/pro/programs/ecfa/action/community/com_homefirst.aspx

For more information about discharge planning please ask to speak with your Social Worker.