



**Guiding you
through your stroke
rehabilitation**

Our Approach

Since the Ontario Stroke Strategy was created in 2000, Bridgepoint has supported stroke patients through treatment, education and access to rehab services. Our commitment to standards, clinical excellence and leadership in stroke care is closing the gap between knowledge and practice at Bridgepoint, allowing us to deliver consistent, high-quality and evidence-based programs that are significantly reducing the impact of stroke on our patients. This leadership was recognized by Accreditation Canada when we were awarded Stroke Distinction for our program.

We specialize in delving into complexity and both simplifying and streamlining treatment. The entire care plan is important to us and this approach helps patients as they prepare to transition back to life outside of the hospital.

Patients partner with our interprofessional team to help support their rehabilitation and return home, and to the community. Our robust ambulatory care program includes vocational rehabilitation and provides our patients with a seamless transition to outpatient programming.



Your care team

Every Bridgepoint patient is cared for by an interprofessional team that may include: specialist and primary care physicians, nurses, physiotherapists, occupational therapists, pharmacists, speech language pathologists, dietitians, social workers, recreation therapists and spiritual care professionals.

One team member will be your primary therapist. That person will be your main contact person for you and your family. However, please ask any of your care professionals' questions about your injury, your care, your recovery and your discharge plan. We will do our best to answer them as completely as we can.

You and your family and friends are an important part of your rehabilitation. A family member or a friend may come with you to therapy sessions to learn ways to assist in your rehabilitation and prepare for your discharge.

Individualized care

Because everyone experiences stroke differently, their care needs and recovery are going to vary. It is hard to know if you will be able to do all of the things you did before your brain was injured, and although improvement occurs with all brain injuries, some problems may never disappear.

Stroke patients may experience physical and emotional changes, as well as communication and thinking challenges. Your needs will be factored into your individualized care plan:

- Every patient has their own schedule of therapy sessions. You are expected to attend your scheduled therapy appointments.
- The amount and type of therapy you will receive depends on your needs. Therapy takes place in multiple settings and, may occur as a one-on-one session with a therapist or in a class setting.
- You are encouraged to practice what you learn in therapy and apply these skills to your daily activities, such as getting dressed and using the washroom. You may need assistance to ensure that this is done safely. Look to your care team to recommend on how much support you will need.

“The choice to be more positive was vital”

Carie Bayes describes the day she had a stroke as one of the best days of her life. It was early December, and she was looking forward to putting the last touches on her holiday decorations, and an upcoming vacation with her boyfriend.

While out shopping for Christmas lights, Carie stopped for lunch and found herself slurring when she ordered. “The right side of my mouth fell, I was slurring my words, and all of a sudden I couldn’t stand still,” she explains.



Carie arrived at Bridgepoint from acute care with little mobility, and one of her nurses encouraged her to have a positive outlook on her recovery. “I remember the nurse said she was confident I’d be up and walking in a couple weeks, and that stuck with me.”

Soon after her admission, Carie began physiotherapy, occupational therapy and speech therapy. “My care team asked me what my goals were. I told them I wanted to be able to hug my boyfriend and step-daughter with both arms again.”

Committed to her recovery, she also attended a knitting group and the Stroke Education Series.

“All of my leaps and bounds at Bridgepoint were huge,” says Carie. “For me, the choice to be more positive was vital.”

She credits her care team for coaching her through how she thought about her recovery. “My experience here helped me change my outlook on life. Everything was an opportunity to me while I was here, including my stroke.”

Since returning home, Carie took hydrotherapy and continued vocational, occupational and physical therapy at Bridgepoint. She has also taken up paddle boarding, wants to complete a 5km run and considers herself a stroke advocate. And above all, she can hug her loved ones with both arms again.

Education Programs

Research shows that the optimal time for recovery from a stroke is in the first six months. The **Stroke Education Series** helps patients become fully involved and engaged in their recovery process. We offer six education modules to stroke patients and their families. Sessions are led by members of our ambulatory care team and our stroke unit. The goal is to help patients learn about their recovery – from rehabilitation to finding resources in the community.

Our **orientation program** for stroke patients helps them transition from inpatient to outpatient care. Eligible patients scheduled for discharge – who are identified by their care team – attend twice-weekly orientation sessions, either individually or as part of a group. In these sessions, patients are introduced to the outpatient stroke program, learn about the services provided, and receive an in-depth tour of the Christine Sinclair Ambulatory Care Centre.

Sources of help

Financial Speak with your social worker to find out if you are eligible for financial aid from government or other sources such as your employer.

Driving When you have had a brain injury, the Ontario Ministry of Transportation must be notified. The Ministry will give you further instructions regarding your driver's license and advise you about whether or not you can drive.

Community Resources After you leave the hospital, most individuals will be referred for ongoing therapy either through our Ambulatory Care program or at home. Your social worker can discuss the different options with you and your family.

Online

Bridge2Health – Helping you manage your care in the community
www.bridge2health.ca

Heart & Stroke Foundation Stroke Resources Directory
www.heartandstroke.com/site/lookup.asp?c=ikIQLcMWJtE&b=8598311

Canadian Stroke Network www.canadianstrokenetwork.ca

Ontario Stroke Network www.ontariostrokenetwork.ca

Stroke Engine www.strokingengine.ca

Bridgepoint's Stroke Programs

Our integrated stroke program offers both inpatient and outpatient rehabilitation services for patients who have experienced moderate to severe impairment resulting from a stroke. Together, these complementary programs allow our team to tailor treatment to each individual patient's goals, abilities and progress across the continuum of care. The following chart outlines how stroke patients are supported across four stroke programs at Bridgepoint:

High Intensity Stroke Care

- High intensity rehab program for patients who have experienced moderate to severe impairment resulting from a stroke
- Includes 180 minutes of therapy per day, 6 days a week (occupational, physio, speech)

Reconditioning Stroke Care

- Lower intensity rehab program for patients who require a slower paced therapy program or who may require a longer length of stay

Specialized Medical and Complex Care

- Designed for patients with significant health impairments who have finished a course of rehab or are not able to participate in a rehab program
- Emphasis on stabilization, health, optimization, functional maintenance and risk reduction

Outpatient Stroke Care

- Held at the Christine Sinclair Ambulatory Care centre
- A short-term intensive active rehab program
- Includes therapy (group and individual) education and case management services

TRANSITIONS IN CARE

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graph TD; A[TRANSITIONS IN CARE] --> B[ACUTE CARE]; B --> C[INPATIENT]; C --> D[OUTPATIENT]; D --> E[COMMUNITY INTEGRATION]; E --> F[ACTIVE PATIENT/FAMILY ENGAGEMENT];
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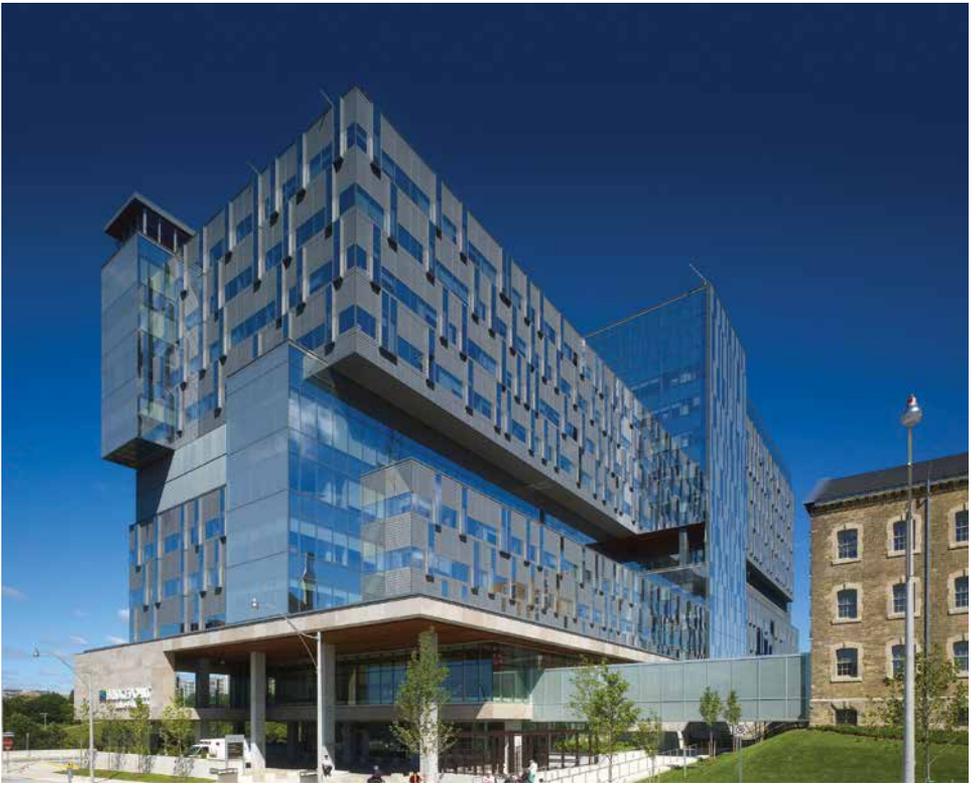
ACUTE CARE

INPATIENT

OUTPATIENT

**COMMUNITY
INTEGRATION**

ACTIVE PATIENT/FAMILY ENGAGEMENT



Bridgepoint is an internationally recognized healthcare and research centre that focuses exclusively on research, care and teaching for people with complex health conditions.

As part of Sinai Health System, also comprised of Mount Sinai Hospital, Lunenfeld-Tanenbaum Research Institute and Circle of Care – we are working together to create a premier exemplar of an integrated health system that provides better, more coordinated care for patients.

www.sinaihealthsystem.ca



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