



The Christine Sinclair Ambulatory Care Centre

The Christine Sinclair Ambulatory Care Centre is included in Bridgepoint Health's \$60 million *Life.Changes.* campaign. Generous supporters have already contributed more than half of the \$5 million goal for this special initiative. By joining this group of philanthropic leaders, you will make the Christine Sinclair Ambulatory Care Centre a reality.

Promoting wellness and independence with easily accessible services

As part of the new Bridgepoint Hospital, the Christine Sinclair Ambulatory Care Centre will support Bridgepoint's philosophy of care: treating the person, not the diseases and symptoms.

Out-patients need to use a variety of rehabilitation therapies over several months or more. At the Christine Sinclair Ambulatory Care Centre, they will benefit from a "one-stop shopping" approach that provides easily accessible services that can be customized to each patient's particular circumstances, allowing them to get the best results possible from their rehabilitation programs.

From the moment patients enter the Christine Sinclair Ambulatory Care Centre, they'll know they are in a place dedicated to helping them maintain and improve their quality of life. From the attractive entrance, comfortable waiting area and easy-to-navigate corridors, to the specialized clinics and modern therapy facilities, the Christine Sinclair Ambulatory Care Centre has been designed to promote wellness and independence.

Improving clinical outcomes with teamwork and efficient workspaces

Patients will enjoy the benefits of working with their physiotherapists and occupational therapists in therapy areas designed to foster interdisciplinary collaboration.

Assessment processes will be streamlined and positive health outcomes accelerated with a more efficient and effective model of rehabilitation.

The facilities in the Christine Sinclair Ambulatory Care Centre will also greatly improve the working conditions for our staff. Efficient storage areas, dedicated office spaces and improved traffic flow mean staff will be able to spend more time with their patients.

A place of hope and renewal

Serving Bridgepoint Health out-patients and in-patients, the Christine Sinclair Ambulatory Care Centre will be a busy, vital place in the new Bridgepoint Hospital.

Here are some highlights of how the services offered by the Christine Sinclair Ambulatory Care Centre will benefit patients:

- ***Augmentative Communication and Writing Clinic (ACWC)***
Many people find speech or writing impossible due to stroke, multiple sclerosis or other serious illness. Clinic staff will help these patients regain their ability to communicate by using voice-activated computers, writing aids and other customized equipment.
- ***Therapeutic Pool***
Exercising in warm water helps patients build their strength and increase their range of motion, while also controlling pain and increasing relaxation. An entry ramp and a hydraulic lift will make the pool accessible for patients who use wheelchairs. With large windows overlooking Riverdale Park and the beautiful view of the city to the west, the Therapeutic Pool will be a truly healing environment.
- ***Vocational Rehabilitation Clinic***
Returning to work following an illness or injury can be challenging. This clinic will provide assessments and therapies to help patients prepare themselves for the transition back to the workplace.
- ***Activities of Daily Living Clinic***
People who are living with the effects of an aneurysm or other serious illness may need to relearn ordinary tasks, such as preparing food, getting dressed or brushing their teeth. This clinic will have a realistic kitchen, bedroom, bathroom and laundry room where patients can develop the motor skills, cognitive abilities and self-confidence that will help them live as independently as possible.
- ***Seating Clinic***
Custom-fitted seating is very important for people who use wheelchairs and other mobility aids, to ensure their comfort and safety. Bridgepoint's Seating Clinic – one of only a handful of seating clinics in the GTA – will be able to serve patients more effectively in a space that is more comfortable and more efficient than the facility.
- The Christine Sinclair Ambulatory Care Centre will also include expanded and more efficient spaces for a ***Dental Clinic, Eye Clinic*** and ***Chiropody Clinic*** to provide patients with easy access and improved treatment areas to promote better clinical outcomes.

About Christine Sinclair

“Since I got ALS, I have not had a sad or angry day.”

Christine Sinclair’s inspirational words remind us that she lived life to the fullest, despite her debilitating disease. By receiving out-patient treatment, she was able to live life to the fullest despite the complex health challenges she faced. Her inspiring attitude is reflected in the design as well as the philosophy of the Christine Sinclair Ambulatory Care Centre in the new Bridgepoint Hospital.



Christine Sinclair was a very special person. She was a leader in her field as a Chartered Accountant and Fellow of the Institute of Chartered Accountants of Ontario, an accomplished athlete, a thoughtful friend and an extraordinary daughter and sister. She also provided invaluable leadership as a director of Bridgepoint Health for six years.

About the new Bridgepoint Hospital

The Christine Sinclair Ambulatory Care Centre will be an important part of the new Bridgepoint Hospital, a 464-bed rehabilitation facility opening in 2013. Specifically designed to meet the needs of patients living with complex chronic disease, the new Bridgepoint Hospital will redefine what a hospital can be.



www.lifechanges.ca