

PREHAB Education

For more information,
please call the Outpatient
Amputee Clinic

250-519-1739

Adanac Building
2355 Richmond Avenue
Victoria, BC V8R 4S2



**Intensive Outpatient
Rehabilitation
Program (IORP)**

AMPLIFYING potential

**Royal Jubilee Hospital
250-519-1739**

What is PREHAB Education?

Prehab education will give you the knowledge and skills you need to prepare for your amputation surgery and rehabilitation.

The Prehab session will provide you with:

- Opportunity to meet the team at the Outpatient Amputee Clinic
- Opportunity to connect with a Peer visitor – someone who has had an amputation
- Support and an opportunity to explore resources available
- Opportunity for the team to work with you to identify home adaptations that may be necessary
- Strength & conditioning program to prepare for the rehab phase of your recovery

Who should attend Prehab?

Prehab is for people who have been identified as a surgical candidate for an amputation and their support person.

Your Physician's office will refer you to the clinic and the team will contact you to set up the initial appointment.

Why should I attend Prehab?

This information session is an opportunity to meet the team – Occupational Therapist, Physiotherapist, Rehabilitation Assistant, Prosthetist, Psychiatrist, Registered Nurse, Social Worker.

What do I need to prepare?

Arrange for transportation to appointments at the clinic
Bring a support person

How long is the Prehab session?

The class or appointment will be about an hour and a half. Remember to bring your support person to this appointment.

What you need to bring...

- Your Booklet "Before, During and After Your Amputation Surgery" that you were given by your surgeon
- Glasses/hearing aids if needed
- Mobility aids if you have them
- Snacks/insulin if needed
- Your "Home Assessment Checklist" completed if possible, in your booklet, p. 7

Wear comfortable clothing and supportive shoes

**Pay Parking is available on site for a cost of \$2.75
You will need 2 loonies and 3 quarters**