

Communication

Communicating with your care team is important and may include a family conference or discussion with team members.

Please designate one family member to communicate with the Rehab team. The Occupational Therapist, Physiotherapist, Social Worker, Registered Nurse, Prosthetist & Psychiatrist may be reached at 250-519-1739

You know you will be ready for discharge from this program when:

- You are able to safely get around on your own
- You can don and doff your prosthesis
- You can demonstrate how to care for your skin on your residual limb and your other limb
- Driving/Transportation is in place for you
- You are aware of and have access to community resources

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

Outpatient Amputee Clinic Intensive Outpatient Rehabilitation Program (IORP)



AMPLIFYING potential

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

Adanac Building
2355 Richmond Avenue
Victoria, BC V8R 4S2

This 6-8 week Intensive Outpatient Rehabilitation Program (IORP) consists of an interdisciplinary team that provides support to you, following discharge from hospital. The goal of the program is to increase your level of function & independence.

What is Rehab?

Rehab is the process of learning to live life with or without a prosthesis. It involves learning how to care for your skin and prosthesis, as well as relearning basic mobility, such as getting up off the floor, managing stairs, and walking on uneven/incline surfaces.

When does my Rehab start?

The earliest your rehab will start is about 10 days after discharge from hospital following your amputation. The Outpatient Amputee Clinic team will be in contact with you to follow your progress.

If returning to work is your goal, you may need to relearn aspects of your job. Rehab will help you to get back to doing the things you enjoy.

What happens in the Program?

- Your rehabilitation team will help you to identify & establish goals to increase your level of function & independence.
- You will be expected to attend the clinic 2-5 days a week.
- You will participate in 1:1 sessions with members of the team, as well as group sessions.
- Individual & group support sessions for caregivers are also offered.
- Group meetings – You, Your family & Team, to discuss your goals and progress.

Sessions include:

- General wellness
- Energy conservation
- Driving/Transportation
- Skin & wound care
- Community Resources

What you need to bring...

- Your Booklet “Before, During & After Your Amputation Surgery”
 - Snacks/lunch if appointment runs into lunch
 - Insulin (if needed) or other medications needed
 - Blood glucose monitor if needed
 - Prosthesis (if you have one)
 - Mobility aids
 - Glasses and hearing aids if needed
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- **Wear comfortable clothing and good supportive shoes.**