Your Goals
Our Guidance

Who are we?

• As a team we provide community-based therapy for anyone who has had a recent decline in independence, function or mobility

The team includes:
• Occupational Therapists
• Physical Therapist
• Recreation Therapist
• Registered Nurse
• Social Worker
• Speech-Language Pathologist
• Therapy Assistants

Strive to Thrive

Medicine Hat Regional Hospital
666-5th street SW
Medicine Hat, Ab T1A 4H6
Office Phone number: (403)-502-8648
ext. 1497
Office Fax number: (403) 529-8021

“Start where you are. Use what you have. Do what you can”

~ Arthur Ashe

Revised May 2017

www.albertahealthservices.ca
**What Is Provided?**

- help to set goals that are important to you
- therapy sessions working on your goals
- minimum of 1 hour/session, up to 5 days per week
- support for you and your family

**Where Will Therapy Happen?**

- in your permanent place of residence
- within Medicine Hat area

**What is expected from client?**

- **willing** to actively participate in intensive therapy
- remain active outside of therapy time
- provide a safe environment for our team

**How Much Does the Program Cost?**

- Home rehab is covered by Alberta Health Services through your Alberta Health Care card

**After you are discharged from the Home Rehabilitation Team**

Skills and abilities can continue to get better or upheld if effort and intensity are maintained. To continue in your journey, the team may:

- refer you for supervised exercise or access to equipment
- refer you to other rehabilitation services for regular follow up
- suggest social or recreational activities in the community
- provide home programs specific to your need

“What you do today can improve all your tomorrows”

~ Ralph Marston