



Reablement Program

The Reablement Unit, located at Thomson Centre, is designed to help individuals return to optimal functioning after a period of illness, decline or other health crisis.

Services provided:

- Guidance through the Reablement process by the Care Coordinator
- Assistance for personal care and individual support to goal attainment by nursing staff
- Exercise as per assessed need by Rehabilitation Team
- Assessment and intervention/treatment by part-time PT and OT

Admission criteria

Applicants must meet admission criteria and be able to actively participate in the Reablement process (goal setting and pursuit).

Candidates for Reablement must:

- Have goals that are achievable within a 90 day timeframe
- Be able to tolerate moderate physical activity (exercise activities; ambulate to the dining area for all meals etc.)
- Be willing and able to set and achieve reablement goals
- Require maximum 1 person assistance for transfer and ambulation
- Not be on the waitlist for long-term care
- Not have care needs that exceed level of care

The Reablement & Respite Unit offers 10 single bed rooms with private bathrooms, supervised access to the gym, a communal dining area with self-serving beverage area and a meeting room.

What does a typical Reablement journey look like?

- ❖ Application through the Continuing Care Admissions Office
- ❖ Pre-admission assessment through the Reablement Care Coordinator
- ❖ Usual length of stay 90 days depending on need
- ❖ Goal setting meeting with care coordinator and team
- ❖ Individualized care plans focused on return to community living with baseline function
- ❖ Daily exercise (independently, or supported as needed)
- ❖ Early discharge planning, liaising with community supports

“My goal was to walk again and regain full use of my hand. With the dedicated Reablement staff, this goal has become a reality.”

For more information on the Reablement Program, please contact:

Manager, Thomson Centre, at 867-471-0975 or the Continuing Care Admissions Office at 867-456-6806.