



Rehabilitation – what to expect

Kia Ora

Welcome to the Assessment, Treatment and Rehabilitation (AT&R) wards at North Shore and Waitākere hospitals. This booklet will provide you with the initial information you and your family/whānau/caregiver need, to get the most out of your rehabilitation journey.



Rehabilitation

Rehabilitation is the process of recovery from a major illness or accident. Rehabilitation is a journey and is different for everyone, and takes different amounts of time for each person. It is a journey that you have started already on the acute wards, and will continue when you come to an AT&R ward, as well as after you leave. We aim for your stay in the rehabilitation ward to be as short as possible, while also enabling you to achieve your best possible outcome.

If possible, the best place to continue your rehabilitation is in your own home. So, if this is an option for you, we'll do our best to get you home quickly. From the time you come to the AT&R ward the team will start planning for your discharge. When you leave the AT&R ward you may not feel fully recovered. This is normal. You may still require some input or support to continue to improve, or to settle into your day-to-day routine again.

Rehabilitation Goals – What is important to you? Where do you want to get to? Who will help you?

Rehabilitation is centred on you and what your goals are. The team working with you will talk to you about what is most important to you, and what successful rehabilitation means for you. With your consent, the team will also talk to your family/whānau/caregiver. The team will support you to break down your goals into achievable steps that will help you to progress along the way. Some goals may be achieved while you're with us. You may also continue to work towards other goals after you are discharged, with support from family/whānau/caregivers and community organisations, such as Age Concern and Stroke Foundation.



Issued by	Assessment Treatment & Rehabilitation Service	Issued Date	June 2022	Classification	I7 4201-18-001
Authorised by	Operations Managers, AH & OA	Review Period	36mths	Page	Page 1 of 2

This information is correct at date of issue. Always check Controlled Documents that this copy is the most recent version.

Rehabilitation – what to expect

What we need from you and your family/whānau/caregivers to ensure you get the best outcome

Rehabilitation is a 24 hour/seven days a week process. The rehabilitation team needs your help, and with your consent, your family/whānau/caregivers help, to achieve the best possible outcomes.

It is important that:

- You have your own clothes, socks and shoes with you, so you can get dressed everyday as usual (comfortable clothes are best).
- You participate in your rehabilitation programme at every opportunity from day one – your commitment is the key ingredient to help you progress and achieve your goals. It is proven that if you 'get up, get dressed and get moving' every day that you will promote your recovery.
- Your family/whānau/caregiver support you as much as they can by taking part in your rehabilitation. They can support you with your programme, help you practice, and help with your weekend rehabilitation plan.
- There is a key contact person identified for you that the rehabilitation team can liaise with during your stay. This will help us to gather background information, provide updates about your progress, plan for your discharge, and set up meetings if needed.
- Lastly, please feel free to ask questions along the way – the team are here to help.

· achieved desired result
nothing could have been done better
i am so grateful impressed
excellent rehab
wonderful service
respectful everybody did their very best
very good it was more than excellent
you go at your own pace
you're fantastic very well connected
helpful very happy
all kind and very caring
friendly and professional
confidence building

Acknowledgement: Thanks to the Well Foundation for the use of the photographs.

Issued by	Assessment Treatment & Rehabilitation Service	Issued Date	June 2022	Classification	17 4201-18-001
Authorised by	Operations Managers, AH & OA	Review Period	36mths	Page	Page 2 of 2

This information is correct at date of issue. Always check Controlled Documents that this copy is the most recent version.