

GENERAL INFORMATION

NOVA SCOTIA REHABILITATION CENTRE

Welcome to the "Rehab Centre." For your information and to help you gain the maximum from the time you spend here, the following outline is intended.

This Centre was established by voluntary groups with the assistance of various levels of government. It has been established to help you achieve, as much as possible of good health (in spite of your physical handicap) and as much INDEPENDENCE as is in keeping with your disability.

There is basically one main route to achieving independence for any one activity and that is, trying to do it repeatedly. This includes all activities of daily living that you could do or have been shown how to do.

The staff are trained and experienced to help you achieve whatever goal is feasible. They will show you, teach you, train you and assist as necessary. The staff will not do things for you that you are able to do for yourself, for it is this effort that helps you make practical achievements.

Socialization including visiting, recreation, entertainment, etc, is encouraged by everyone. However, it is necessary to observe certain "House Rules," in order that your rehabilitation and that of others may proceed most satisfactorily. The following rules are in effect in the Centre:

- (1) Meals - Meals in the dining room-lounge are at following hours.

Breakfast: 8:00 a.m.

Dinner: 12:00 p.m.

Supper: 5:00 p.m.

These hours indicate the latest hour you should arrive in the dining room and do not indicate that you should finish by then.

Assistance by means of special equipment or by staff in learning to feed yourself (if necessary) will be given in the dining room.

- (2) Visiting Hours - Daily Monday - Friday - 7 p.m. - 9 p.m.
Saturdays & Sunday 1 p.m. - 4 p.m.
Holidays 7 p.m. - 9 p.m.

Because children pick up various infections quite readily, it is suggested that children under 12 should not visit except by special permission.

(3) Passes - it is helpful to you to make visits out of the Centre when you are able. Only the nurse can give you your pass for an evening or weekend (after consulting the Doctor if necessary).

(4) Recreation - the Children's Gymnasium will be available evenings and weekends (by arrangement with the nurse and charge physiotherapist.) Certain recreational equipment is available such as ping pong, badminton, etc. Stretchers are available for specific purposes i.e., to attend movies, etc. Record players, radios, T.V., etc, in wards must be off by 10:30 p.m. except for special occasions. The T.V. in the lounge (dining room) should be off by 11 p.m., week nights and 11:30 p.m, on Saturday.

(5) Treatment time, bedtime, etc. - The nurse and/or therapist will inform you once as each new treatment begins, as to the time you should be there. It is then up to you to be there. The nurse, orderly or therapist should not have to chase you or find you for your treatment. On Saturday Morning treatment as usual. If you are an "up-patient" you should be up at the usual time which is about 7 a.m.

Bed time - Should be the time at which you know you should be there in order to be able to get up the proper time in the morning. Certain timing is necessary and is as follows:

Persons requiring assistance from staff - 10 p.m.

Persons not requiring assistance from staff - Independent 11 p.m.

The care of your own clothing and personal effects is your responsibility and not that of the staff. You should keep your personal effects neat and tidy.

We are not responsible for any money kept in your possession.

Arthur H. Shears, M.D
Medical Director