



Spinal Cord Rehabilitation Program Outpatient Services



The SCRP Outpatient program provides a wide range of specialized services for people with spinal cord injury. The outpatient specialty clinics and rehabilitative therapies are designed to assist with patients' independence and overall health.

- Your inpatient team will discuss with you, your referral to the outpatient program. A physician's referral is required for all outpatient services.
- You can visit the outpatient department during your inpatient stay if you wish to see the environment. It is located just next to the main entrance at the Lyndhurst Centre.
- You can also access the outpatient services when you are in the community.

Admission Criteria

- Diagnosis of spinal cord injury or disease
- Ability to participate in treatment
- Specific, achievable rehabilitation goals
- Ability to direct own care or have someone to assist with direction of care
- Access to a family doctor to monitor health needs during therapy
- Reliable transportation to and from appointments
- Must be able to get to all appointments within Lyndhurst independently

Specialty Clinics

Assistive Technology Service: Provides assessment and training for patients with specialized devices to meet writing needs at home, work or school.

Bone Density Service: The bone density lab and clinic specializes in the diagnosis, treatment and study of osteoporosis in patients with spinal cord injury or other neurological impairments.

Gynaecology Clinic: This clinic provides gynaecological care to women with impaired mobility. Services include routine pelvic examinations, and counselling on fertility issues, pregnancy, menstrual irregularities and menopause.

Robson Clinic: The Robson clinic provides specialized urological care to prevent, diagnose and manage urological dysfunction. Consultation around sexuality and fertility issues is also available for male patients.

Seating Clinic: Therapists authorized by the Assistive Devices Program (ADP) provide assessment and prescription for patients' wheelchair mobility and seating needs.

Skin and Wound Management Clinic: This clinic provides care and education for preventing and managing pressure ulcers.

Contact the Outpatients Service Coordinator for more information.

Created by: Lori Murphy, Philippe Lafaury		Updated: 2011-03-01	
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Rehabilitation Services

Nursing Follow up Service: A registered nurse provides guidance and education addressing health issues faced by patients living in the community.

Nutrition Counselling: A registered dietitian assesses patients' nutritional needs and provides education and support to meet those needs based on each individual's eating style and preferences.

Occupational Therapy Service: An occupational therapist provides assessment and intervention to break down the barriers that influence function and impede patients' everyday activities.

Physiotherapy Service: A physiotherapist assists patients in maximizing their physical function, balance, transfers and wheelchair skills. As part of physiotherapy, hydrotherapy offers therapeutic exercises and activities in a heated pool with the goal of improving physical functioning through increased balance and reduced pain or spasticity. While inpatients have more open access to therapy equipment during the day, equipment use is limited to scheduled therapy appointments for outpatients.

Physiatry Service: Rehabilitation medicine physicians diagnose, treat and provide education to help patients prevent and manage complications caused by spinal cord injury or disease.

Psychology Service: Psychologists provide assessment, counselling and psychotherapy to assist patients and their families in adjusting to the stresses of living with spinal cord injury.

Social Work Service: A social worker provides education, adjustment counseling, and practical assistance to patients and families coping with the effects of spinal cord injury and reintegration into the community. The social worker also assists with future planning, and provides information and referrals to resources in the community.

Speech Language Pathology: The speech-language pathologist identifies and treats swallowing and communication disorders impacting voice, speech and language.

Therapeutic Recreation: Therapeutic Recreation is directed toward functional interventions, leisure education and participation opportunities. These support the goal of assisting the individual to maximize their independence in leisure, optimal health and the highest possible quality of life.

Fitness Centre: this is an after-hours membership-based program that aims to improve physical well-being through individually prescribed fitness programs using free-weights, universal machines and adapted fitness classes. There is an initial assessment fee and an ongoing monthly membership fee for this service.

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Please provide your preferred telephone contact number to the outpatient service coordinator at **(416) 597-3422 x6188** before discharge and one of the staff will contact you to schedule an appointment. There may be a wait time depending on the service. We appreciate your patience. Please remember to update your contact telephone number in case of any change.

I am being referred to the following Outpatient Services (circle):

- | | |
|---|---|
| <input type="checkbox"/> Assistive Technology service | <input type="checkbox"/> Occupational Therapy Service |
| <input type="checkbox"/> Bone Density Service | <input type="checkbox"/> Physiotherapy Service |
| <input type="checkbox"/> Gynaecology Clinic | <input type="checkbox"/> Physiatry Service |
| <input type="checkbox"/> Robson Clinic | <input type="checkbox"/> Psychology Service |
| <input type="checkbox"/> Seating Clinic | <input type="checkbox"/> Social Work Service |
| <input type="checkbox"/> Skin and Wound Management Clinic | <input type="checkbox"/> Speech Language Pathology |
| <input type="checkbox"/> Nursing Follow up Service | <input type="checkbox"/> Therapeutic Recreation |
| <input type="checkbox"/> Nutrition Counselling | <input type="checkbox"/> Fitness Centre |

My Goals for Outpatient Services are:

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....

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