



Coming to the Rehabilitation & Community Transition
Program (RCTP) or Enhanced RCTP



Rehabilitation & Community Transition Program (RCTP)

All RCTP units are short-stay units that provide additional rehabilitation or convalescence for people who, after an injury or illness, do not need to be in an acute care hospital but who cannot yet manage at home or another care setting. Admission to the program can come from emergency, home or a family physician's office with involvement from Transition Services. In RCTP, practice with Activities of Daily Living and walking is offered daily. Rehabilitation sessions with the therapies team (physical, occupational therapists or therapy assistant) may be offered up to 2-3 times a week. This will be determined by individual specific goals.

There are three Carewest RCTP locations in Calgary: Carewest Dr. Vernon Fanning, Carewest Glenmore Park and Carewest Sarcee. Your health care team in acute care or the community can start a referral to RCTP. If you have been referred to this program, you may be transferred to any one of our locations.

Enhanced RCTP (ERCTP)

Enhanced RCTP is designed for people who may be more medically complex and require more intensive care and therapy, for example, people with complex wounds or needing ongoing intravenous therapy. Offers in-patient care to clients requiring intensive rehab and/or high nursing needs. Rehabilitation sessions with the therapies team (physical, occupational therapists or therapy assistant) may be offered 5 times a week. This will be determined by individual specific goals.



Your Care Team

A physician will meet you and complete an assessment shortly after your admission.

You will be visited by the physician two to five times a week. A physician is always on call after hours and on weekends and holidays.

What's your role on the care team?

- Understand that everything you do is therapy.
- Participate to the best of your ability in dressing, exercising, walking and dining.
- Your team will help you do as much as you can for yourself.
- Your family or support system is encouraged to be involved as much as possible.
- Your team will work with you to design a program to meet your goals.

What to bring

- Medical equipment or supplies you use every day (CPAP, compression stockings, wheelchair)
- Don't bring a mobility aid or walker if your walking has changed recently
- Comfortable street clothes and underwear
- Supportive walking shoes
- Pajamas, housecoat, slippers or non-slip socks
- Personal toiletries (e.g. comb, glasses, dentures, toothbrush, etc.)
- Leisure items like books or devices

Personal items are kept at your own risk. Please send valuables home with your family or friends.



Rooms

Most people share rooms and washrooms in RCTP. It is likely that rooms may change during your stay. There is no charge for recovering on an RCTP unit. If you are not able to return home, alternate arrangements will be discussed that may involve cost. A bed near the window or a private room are not always an option.



Television and Internet

Televisions and public telephones are available in common-area lounges and free WIFI is available on the unit.



Meals

Meals are served three times a day with options to meet individual dietary needs. Daily choices are available and family are welcome to bring food from home. You are asked to speak to staff if you want to have a meal with visitors. Meals and snacks are available for purchase.



Appointments & Transportation

Your family or friends may be asked to go with you to appointments your doctor arranges. Having someone join you is very helpful. If you need help, please ask your team. If you have booked your own appointment, you are responsible for arranging transportation.

Diagnostic tests and lab services

Most X-rays and blood work are provided on the unit. Access to specialized diagnostic services (bone scan, CT scan, MRI scan, etc.) is provided if required and will be arranged by your team.



Passes

Going out away from the building is an available option. Speak to your healthcare team and physician to make arrangements.



Discharge

Planning to go home starts when you arrive. Please participate in planning a successful discharge. Your team will discuss community resources and equipment options with you. You will get as much notice as possible of your discharge date. You are responsible for arranging your own transportation for discharge.





Laundry

You and/or your family/support system are responsible for personal laundry. Please speak to staff if this is difficult for you to get more information site-specific service options.



Smoking

Smoking is discouraged. Ask your physician if you would like more information about quitting. Smoking is only permitted in designated areas or off the property. Staff are not able to transport you to or from smoking areas.



Other amenities

- Cafeteria
- Gift Shop
- Public telephones in the common areas are available for you to use (although mobile phones are welcome)

Visiting and Parking

Visiting hours are flexible. Preferred visiting hours are posted on the unit. Family and those who support you at home are welcome to join in therapy sessions so they can see your progress and learn how best to support you. Please ask staff about pet visits.

Pay parking is available at all locations and only credit or debit cards are accepted.

Locations



Carewest Dr. Vernon Fanning

722 – 16th Avenue NE Calgary
Phone: 403-230-6945



Carewest Glenmore Park

6909 – 14th Street SW Calgary
Phone: 403-258-7650



Carewest Sarcee

3504 Sarcee Road SW Calgary
Phone: 403-686-8118



Our Vision

Carewest: leaders in exceptional care, supporting those who need us most.

Our Mission

At Carewest, we support all clients in maintaining their quality of life as they transition through their health care journey. As the public provider of continuing care specialized services in Calgary, our staff work together to partner with clients, families and the community to provide:

- Programs to enable community living;
- Rehabilitation services to enable return to the community; and,
- Residential and support care services for complex medical and mental health needs.

Our Philosophy of Care

In support of our Carewest Frame of Reference, our Philosophy of Care is:

To provide our residents and clients with quality care in safe, comfortable and supportive environments.

Innovative Health Care

Carewest is a leading-edge health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages. As Calgary's largest care provider of its kind, Carewest operates 14 locations and several community services aimed at helping people live more independent lives.

The Calgary Health Foundation

The Calgary Health Foundation fundraises for excellence in health care and helps ensure the quality of life for those served by Carewest. To donate please call 403-943-0615 or visit calgaryhealthfoundation.ca/carewest

carewest.ca



The information in this pamphlet is is subject to change without notice.