

Valuables

Please do not bring valuable jewelry or large sums of money with you.

Smoking Cessation

Smoking is strongly discouraged. Smoking cessation information and support is available from your team. If you choose to smoke, please do so off the property.

Location

Carewest Dr. Vernon Fanning
722 – 16th Avenue NE Calgary
Phone: 403-230-6944



Discharge

Once a discharge date has been confirmed, families are encouraged to assist in packing up the evening before discharge. You are encouraged to be out of your room as soon after breakfast as possible on the date of discharge.

While our goal is for you to discharge home, and the majority of people achieve this goal, sometimes it is not possible.

You may decide to move to an alternate living arrangement when you are finished rehabilitation. You may remain on the unit for a period of time as you “transition” into the right setting in the community. During this “transition” time, your therapy schedule will be modified to match what you might receive at your discharge destination.

If you require re-admission to hospital for any reason, your bed on the unit will be made available to another client. Your belongings will be packed as carefully as possible, and will need to be picked up as soon as convenient. When you are ready to resume rehabilitation, the hospital team will complete a new referral.

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 Trust fundraises for excellence in health care and contributes to the quality of life for those served by Carewest. To donate, please call 403-800-4200 or visit our web site at calgaryhealthfoundation.ca/carewest

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Neuro-Rehabilitation Unit

At Carewest
Dr. Vernon Fanning

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carewest.ca

April 2026

Welcome

The Neuro-Rehabilitation Unit at Carewest Dr. Vernon Fanning is a sub-acute rehabilitation unit with nationally recognized expertise in stroke rehabilitation.

Assessment and treatment will be provided by an experienced interdisciplinary team. The length of stay is individual and can be as short as two weeks, with an average stay of about five-to-six weeks. Discharge planning is an ongoing process and begins upon admission.

Working Together

An admission conference with your care team will be scheduled where you will learn more about your recovery and develop a plan for your stay. You are encouraged to invite whoever you would like to this conference, either in person or by teleconference. Your team will work together with you and your family to set specific rehabilitation goals. You will be expected to work hard during therapy and outside of therapy to achieve your goals. Family and friends are encouraged to participate in your therapy and care to enhance your recovery. The team meets weekly to plan the details of your treatment and discuss your progress.

You and Your Team

You and your family are the centre of your team. Other team members may include:

- Nursing Team (Nurse Clinician, Registered Nurses, Licensed Practical Nurses & Nursing Attendants)
- Family Physician
- Physiatrist (a Physician specializing in rehabilitation)
- Physical Therapist
- Occupational Therapist
- Speech Language Pathologist
- Recreation Therapist
- Therapy Assistant
- Social Worker
- Registered Dietitian
- Pharmacist
- Transition Services Coordinator

Your rehabilitation plan will be designed specifically for you.

Education

Education sessions are offered daily by experienced nursing staff. Education topics differ each day and are intended to help you learn about stroke risk reduction and preparing for life after discharge. You, your family, and friends are encouraged to participate in the education sessions.

Your Experience

We will strive to make your stay on the unit comfortable and positive. The unit has private and double-occupancy rooms. Your room may be changed during your stay. This can be upsetting but may be necessary as men and women do not share rooms on the unit.

There are desktop computers and iPads as well as wireless internet available on the unit. Other amenities include comfortable lounges with large televisions, kitchenettes, and phones. There is a dining room where you can enjoy meals that promote heart-healthy eating. There is a hairstylist, gift shop, chapel, coin laundry, cafeteria, greenhouse, rooftop garden and more.

What to Bring

- Comfortable clothing and non-slip shoes
- Personal toiletries (soap, shaving utensils, toothbrush)
- TV (with sturdy table) and other technologies are welcome but at your own risk. Ask at the unit desk for details about cable.

Visiting

Support of family, friends and pets is a very important part of rehabilitation. Please be aware of the impact of your visitors on roommates and consider visiting elsewhere on the unit. Because others may have allergies, please ask at the unit desk so your pet visit is safe and enjoyable for everyone. Keep in mind that balancing visiting with rest will allow you to give your best effort during rehabilitation. Pay parking is available in the Parkade east of the Fanning Centre.

Outings (Passes)

When you and your family are ready, outings are encouraged, but may take planning. You will be registered with Calgary Transit Access so you can use this service if needed. Passes during the day (outside therapy times) and overnight are possible. Please talk to your nurse and therapists in advance of an outing so they can work with you and your family or friends to prepare for a safe outing.