

Welcome to the Stroke Recovery Clinic at Northumberland Hills Hospital (NHH)

Patient Information Sheet

What is the Stroke Recovery Clinic?

Through this service, you will work with a team of rehabilitation providers who will help in your recovery after you leave the hospital.

What to Expect

To begin, you will complete an initial assessment with one or more members of our therapy team. This assessment may involve a Physiotherapist, Occupational Therapist or Speech Language Pathologist.

Based on these assessments, a specialized care team will be assigned. You will work with your team to determine your program schedule that includes your appointment days, the frequency, and duration of your appointments. While different for each individual, the average length of participation in the Clinic is expected to be between four to eight weeks.

Therapy professionals will:

1. Assess your current physical, mental, and functional abilities.
2. Establish SMART goals with you and your family.
3. Create a recovery plan based on their assessments.

What are SMART Goals?

SMART goals are identified as the following:

- **Specific** – what exactly do you need to achieve?
- **Measurable** – how will we measure success?
- **Achievable** – is this goal possible based on your medical conditions, supports at home, and previous level of function?
- **Relevant** – is this goal relevant to your stroke recovery?
- **Timely** – how long will achieving this goal take?

Clinic Hours

The Stroke Recovery Clinic runs weekdays on Tuesday, Wednesday and Thursday from 8:00 AM to 4:00 PM. Your initial appointment will be approximately one hour in length, and your follow up appointments will be approximately forty minutes in length, per each individual therapy team member. Please note: You may have multiple appointments scheduled on the same day depending on your needs, which will be discussed with you.

Continued on reverse >

Contact the Stroke Recovery Clinic at (905) 372-6811 ext. 3768.



NHH

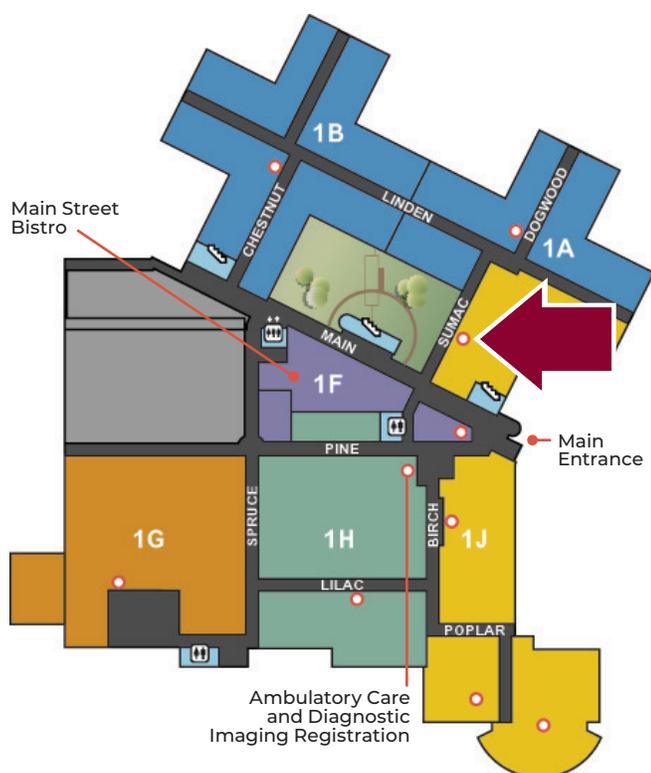
Northumberland Hills Hospital

Welcome to the Stroke Recovery Clinic at Northumberland Hills Hospital (NHH)

Arrival and Registration Instructions

Please plan to arrive 15 minutes in advance of your appointment. Upon arrival, you will need to check in at NHH's **Ambulatory Care and Diagnostic Imaging Registration** desk inside the main entrance on the first floor of the hospital to be registered. Please have your health card with you, and ready to present; registration is required before each visit.

After registration, you will be directed to the **1A Rehabilitation Unit** for your therapy.



Participation in the Program

- You will work with your care team to identify goals for your rehabilitation.
- You must be medically stable and be able to tolerate up to three hours of treatment.
- Please dress in comfortable, casual clothing as your appointments will include physical activity. Bring a pair of clean, dry shoes.
- Home program exercise and activities may be provided. In order to benefit from the program, you will be expected to participate regularly in home program activities.
- Patients are expected to transfer skills learned in the program to their home environment to support their recovery.

Caregivers and Support

Caregiver participation is encouraged. Only one caregiver will be permitted at appointments. For sessions where a caregiver is not required, the therapy team may request they wait in a designated area. If you require assistance in the washroom, we ask that a caregiver be present for all appointments.

For additional information on the Stroke Recovery Clinic services, contact **(905) 372-6811 ext. 3768**. If you are a caregiver and need support the Ontario Caregiver Organization (OCO) can help. They offer a 24/7 Helpline **(1-833-416-2273)**, toolkits, group, and one-on-one peer support at ontariocaregiver.ca.

Adapted with permission of the MAHC Outpatient Stroke Rehabilitation Program, 2025

Contact the Stroke Recovery Clinic at (905) 372-6811 ext. 3768.



NHH

Northumberland
Hills Hospital