

TIDES Rural/Remote Rehab

TIDES Rural/Remote Rehab is based at Sechelt Hospital. Service is provided through BC Medical Services Plan (MSP) to residents across Vancouver Coastal Health's (VCH) rural and remote communities of:

- Sunshine Coast
- Powell River and Region
- Sea-to-Sky Corridor

The program provides short-term rehabilitation and consultation services for clients living with: stroke, TIA, acquired brain injury, spinal cord injury, non-sports related concussion, and progressive neurological disorders.

TIDES Rural/Remote Rehab consists of a Physiotherapist, an Occupational Therapist, a Speech-Language Pathologist, and three Rehabilitation Assistants.



Referral Process

Clients 19+ years of age can be referred from any hospital or healthcare professional. As a client, you must be medically stable and have specific rehab goals that you are motivated to work towards with the support of TIDES Rural/Remote Rehab.

We also provide one-time consultations for education on a recent diagnosis, information on preventative measures, or to discuss resources available in your local community.

TIDES Rural/Remote Rehab does not take referrals related to a WCB or ICBC claim.

Contact

Appointments are scheduled in advance to maximize time and availability. If you cannot attend your appointment, please call to cancel as soon as possible. Please contact us with questions, concerns or cancellations prior to your appointment at:

Phone: 604-885-8690

Email: TIDESTeam@vch.ca

For more information: www.vch.ca/tides

For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. **JB.550.T53**

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The information in this document is intended solely for the person to whom it was given by the health care team.

www.vch.ca

TIDES Rural/Remote Rehab Client Guide



Location

TIDES Rural/Remote Rehab integrates virtual service with in-person care to meet the needs of clients across all communities.

Your appointments may be virtual or in-person, either at your local hospital or in your home.

This is determined by TIDES Rural/Remote Rehab on a case-by-case basis, depending on many factors, including your:

- Location
- Transportation options
- Access to technology
- Diagnosis
- Functional ability and goals



What to Expect

During your initial appointment, we will ask you questions about your daily activities, mobility, communication, and health concerns.

Our program is goal-centred, so please be prepared to discuss areas or activities you would like to improve through rehabilitation.

Please have available:

- Home exercise program(s) or recommendations from other therapists
- List of medications
- Hearing aids, glasses, walking aids
- Care Card
- For assessment with the Physiotherapist or Occupational Therapist please wear comfortable, casual clothing that allows for easy movement.

Frequency of appointments is determined on a case-by-case basis; an appointment schedule will be outlined after your initial assessment. Ongoing appointments may be a mix of in-person and/or virtual. These appointments will be with a TIDES therapist or Rehabilitation Assistant.



Virtual Service

At Vancouver Coastal Health, we use **Zoom** (available on Apple or Android devices and on your home computer) and **FaceTime** (only Apple devices) to provide virtual healthcare services. These programs are free to download and comply with Canadian privacy regulations for personal and health information. We set-up virtual appointments through your email and will help with any troubleshooting as needed. For more information on virtual healthcare please visit:

www.vch.ca/your-care/virtual-health/for-patients-and-clients.

You will need:

- Access to high-speed internet (WiFi or data)
- Email access
- Smart phone, tablet/iPad, or computer (with camera)/laptop