

Rehabilitation Partnerships

A reflection guide for children, youth, adults, and their families



Introduction

This guide helps you reflect on your story and what matters to you and have meaningful conversations with your healthcare team. The goal is to grow your confidence to make sure your voice is heard, and your goals are known.

Remember, you are not alone in this rehabilitation journey. Your healthcare team is there to support you with their knowledge and expertise. **This guide equips you with questions and guidance to get the most out of your interactions with your healthcare team.** Together, you'll build strong partnerships based on your unique journey, needs, and goals, ultimately leading to better treatment outcomes.

The questions and reflections in this guide can help set you up for a conversation that acknowledges that you work in equal partnership with your healthcare provider.

You are the expert on your or your family's needs and experiences



Therapists are experts in rehabilitation



Better experience and treatment outcomes



What is rehabilitation?

Rehabilitation can happen in a hospital, clinic, community setting, long-term care facility, or other location. It can also happen in your home, over the phone, or virtually. Rehabilitation helps:

- support wellness and quality of life
- improve active and meaningful participation in daily living
- prevent or slow loss of function
- maintain independence
- recovery from illness, injury, or surgery
- manage long-term health conditions

How to use this guide

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- This guide has 2 parts, each with a series of questions:
 - [Part 1: Reflecting on your journey](#) is meant to be completed on your own.
 - [Part 2: Working together](#) is meant to be reviewed with your healthcare providers. It is organized according to the parts of the rehabilitation pathway.
- You can use the guide wherever you are in your rehabilitation journey. Refer to the questions that matter most at any given point.
- The questions aren't comprehensive. They are a starting place for conversations with your family and your healthcare providers.
- Use the guide to reflect on your journey and its direction. Are you still happy with the direction your rehabilitation is going or would you like to see changes?
- Take as much time as you need to write down your thoughts.
- There are no wrong answers to these questions, and you don't need to share your answers with anyone unless you choose to.
- This guide was made together with Albertans who have lived experience with rehabilitation, whether for themselves, their children, or their families.

Part 1: Reflecting on your journey

The following questions are about who you are, your rehabilitation journey, and what matters to you. There are no wrong answers, and you don't need to share your answers with anyone unless you choose to. Older children or teens are welcome to write their own answers as well.

This section will help you:

- Find a starting point in your conversations.
- Plan what you'd like to say.
- Learn what's most important to you.
- Reflect on your journey at any point.

This guide is your tool to use however you want. It is not part of your medical chart. You can write as much or as little as you want, and you can answer different questions based on what is important to you. Some people find it helpful to write out their story and share it with new healthcare providers to avoid repeating it multiple times.

You can answer any of the questions in this guide as a parent or family member, too.

For example, instead of asking "What interests me?", you can ask yourself "What interests my child?" or "What interests my partner?"



My story

- **What has my journey been like so far?**
For example, “My health condition started 3 years ago. It started with difficulty walking. I first saw a healthcare provider 4 years ago.”
- **What interests me? What do I like to do?**
For example, reading books, space, gardening, dinosaurs, camping
- **What motivates me?**
For example, spending time with family and friends, playing games, doing crafts, cooking for my family, learning something new
- **How has my health condition or injury impacted my life?**
For example, no longer able to work or go to school, spend a lot of time at home, unable to walk very far

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What matters to me

- **What would I like to do that I can't do now?**
For example, being able to get dressed by myself, walk to the park, garden
- **What does a typical day look like?**
For example, wake up, get dressed, shower, eat, take a bus or drive to work or school, make supper, watch TV
- **What is the most difficult part of my day?**
For example, eating breakfast, bathing, walking
- **What is important to us as a family?**
For example, spending time together, sharing household tasks, participating in community events

It's important to share what matters to you with your healthcare team because it helps them understand your needs and preferences.

It helps them provide person- and family-centred care that aligns with your values and goals, leading to better outcomes and experiences.

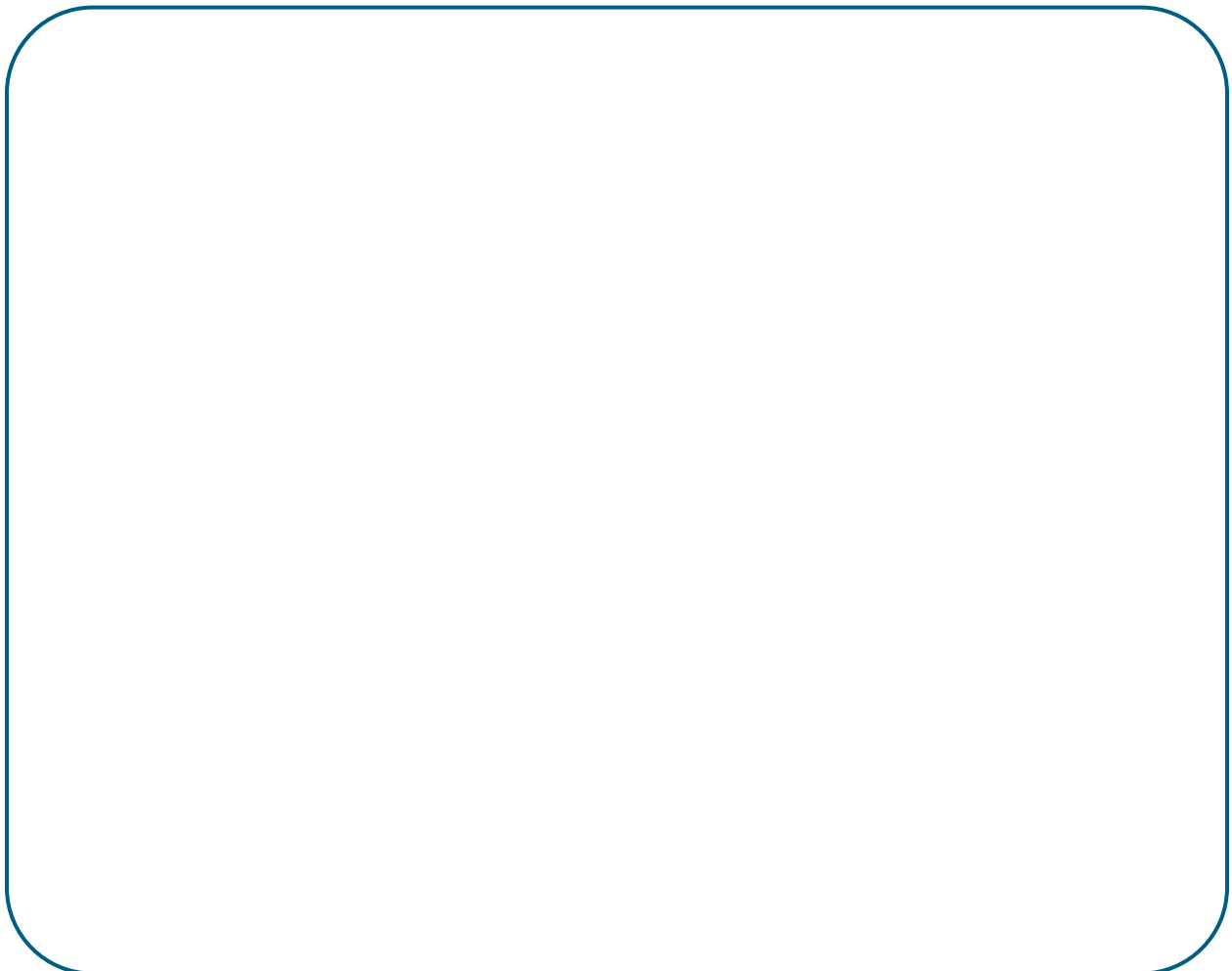
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My community

- **Who is in my community that I can rely on? What support do I have in caring for my family members?**
For example, family, friends, neighbours, church group, social group
- **Who do I go to if I need a break?**
- **Who can I talk to about how I am feeling?**

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Your community includes your family and the people around you who share common interests, beliefs, values and customs.



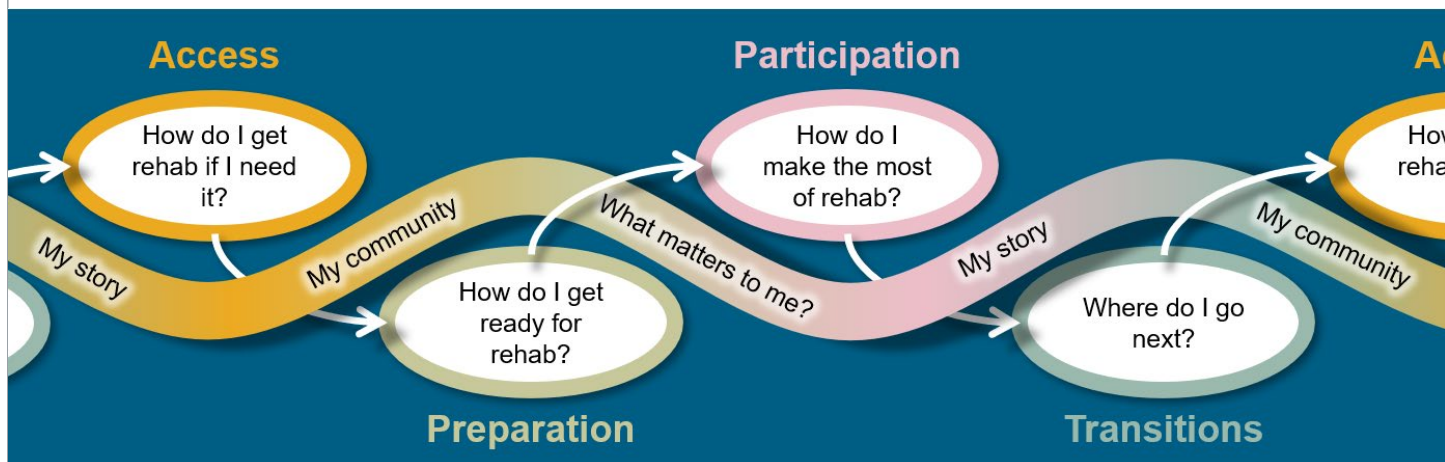
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Part 2: Working together

The following questions are meant for you to review with your healthcare providers. They can help you get the most out of your rehabilitation by learning how to:

- Find services in your community that are right for you.
- Prepare for your rehabilitation sessions.
- Participate fully in your sessions.
- Plan for transitions throughout your rehabilitation.

You may not have all the answers, and that's OK. It will depend on where you are in your journey and what information is most important to you.



- **Access** is about knowing how to find the rehabilitation services that are available in your community. It is also about what services you are eligible to attend, and how to get referred to them.
- **Preparation** is about how you and your family get ready for rehabilitation. Reflect on your hopes and expectations. What has worked for you before? Think about what you expect from yourself and your healthcare provider.
- **Participation** includes your family, your team, and your community. It is about what happens during your rehabilitation session with a therapist. This includes setting goals and treatment activities together.
- **Transitions** is about what happens next, after the therapy sessions end. Think about transitions throughout rehabilitation, not just at the end. What's available in your community and how can you be referred back to therapy if you need it later?

You can answer these questions as a parent or family member, too.

For example, instead of asking “What rehabilitation have I done already?”, you can ask yourself “What rehabilitation has my child or family member done already?”

Access

- How do I find out what rehabilitation services options are available in my community?
- How do I make an appointment for an evaluation? Is there a referral process? How does it work?
- If there are no services available in my immediate area, how do I access those services in other communities?

Preparation

- What can I do to prepare for my rehabilitation session?
- What are my goals for rehabilitation? Reflect on your answers from Part 1 as you think about your goals.
- What rehabilitation have I tried or done already?

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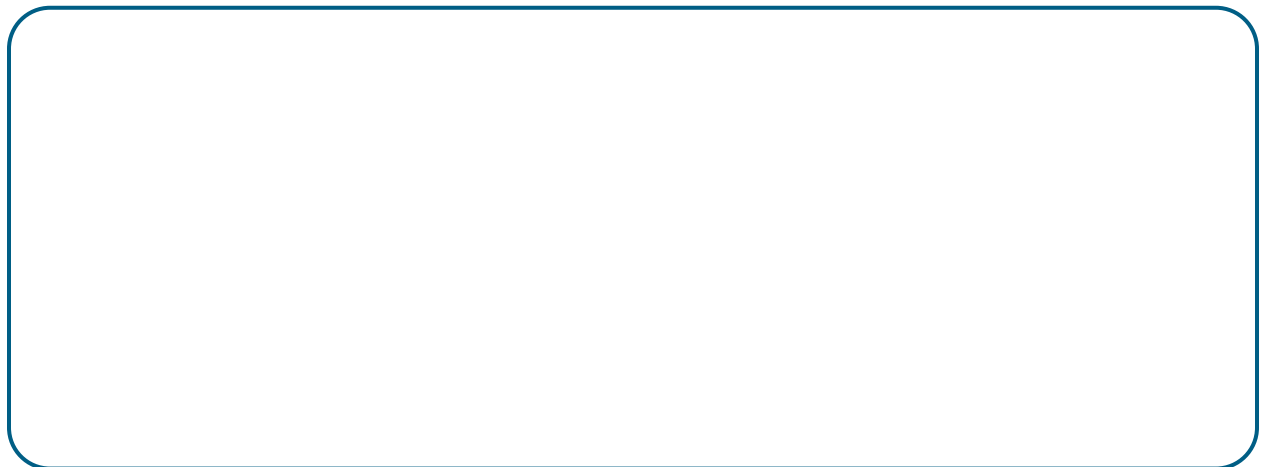
Participation

- What does success look like for me?
- How will I know that I am improving?
- How often will my therapist and I talk about therapy goals?



Transitions

- What do I need now that my rehabilitation sessions are ending?
- What will be the next step?
- Who can I contact if I have questions after my program is completed?



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Key contacts and resources

| Name | Description | Contact information |
|-----------------------------------|---|--|
| Rehabilitation Advice Line | Rehabilitation advice for any age | Call: 1-833-379-0563 |
| Health Link | Nurse advice and general health information | Call: 811 |
| 211 Alberta | Helpline and online database of Alberta's community and social services | Call or text: 211 Online chat: ab.211.ca Website: ab.211.ca |
| Rehabilitation Directory | Adult and pediatric rehabilitation services listing | ahs.ca/rehab |
| Communication Access | Supporting people with communication needs | ahs.ca/communicationaccess |
| Shared Commitments | Patient rights and responsibilities, along with the responsibilities of the healthcare team | ahs.ca/sharedcommitments |

My therapist or therapists:

Rehabilitation clinics or facilities in my area:

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