

## TIDES Rural/Remote Rehab Team – Clinician Guide

### WHO

Physiotherapist, Occupational Therapist, Speech-Language Pathologist, Rehabilitation Assistants

### WHERE

Sea-to-Sky Corridor, Sunshine Coast, Powell River

### WHAT

Short-term outpatient rehab for patients with: stroke, TIA, acquired brain injury, spinal cord injury, progressive neurological disorder, or non-sports related concussion

### HOW

Combination of virtual and in-person services

### REFERRAL CRITERIA

- Patient is 19+ years of age.
- Referrals are accepted from: hospitals, rehab centers, physicians, home and community care, and other healthcare professionals.
- Patient has a diagnosis of: stroke, TIA, acquired brain injury, spinal cord injury, progressive neurological disorder, or non-sports related concussion.
- Patient is medically stable and able to participate in short-term, goal-directed rehab from OT/PT/SLP.
- Patient's current health condition is NOT related to an open claim with WCB or ICBC.
- Patient has specific, realistic rehab goals and demonstrates rehab potential.
- Patient demonstrates motivation and a willingness to participate in their treatment.
- Patient has someone to assist them during appointments if required.

Referral form link: <http://www.vch.ca/Documents/TIDES-referral-form.pdf>

### REFERRAL PROCESS

- If referring from a hospital or rehab center, please refer and connect with the TIDES team **PRIOR** to discharge.
- If appropriate, TIDES clinicians will connect virtually to observe a treatment session and discuss your patient's handover prior to discharge.
- Please indicate patient's comfort level with and access to technology on TIDES referral.
- ***Not sure? Refer!*** TIDES offers consultation services to aid patients' transition home and to connect patients to local resources within their home community.

### PROGRAM DETAILS

- TIDES' service delivery model differs significantly across our three communities.
- Clinicians are primarily based at Sechelt Hospital. Patients in Powell River and Sea-to-Sky work directly with the local Rehabilitation Assistants; sessions with clinicians are predominantly VIRTUAL.
- Appointments are held at the local hospital, virtually (via Zoom or FaceTime) or in the patient's home. Location of service is determined individually based on a number of factors including patients': geographical area, transportation options, access to technology, functional status, and goals.
- Appointment frequency ranges from a one-time consultation to multiple appointments per week; frequency will NOT be determined until completion of an initial assessment.