

YTC Rehabilitation Services

What is Rehabilitation?

Rehabilitation is provided by licensed physical and/or occupational therapists upon assessment of a variety of physical injuries or illnesses.

YTC and the member FN communities are fortunate to have direct access to all those services which are delivered directly in the community Health Centers. Based on individual community needs assessments following services are available at YTC FNs: **Physical Therapy, Occupational Therapy, Massage Therapy, Nurse Practitioner & RMH Primary Care Network Chronic Care.** The last two services have been implemented for O'Chiese and Sunchild FNs as a result of collaborative effort between RMH PCN, FNs Health Managers and FNIHB. YTC provides administrative support.

Highlights:

Community based, delivered and integrated service, accessible to all members/residents.

Pediatric Occupational Therapy: service provided to preschool and school children. OT can help children with improving their cognitive, physical, sensory, and motor skills and enhance their self-esteem and sense of accomplishment.

Adult Occupational Therapy: provided at the health center, long-term care facilities and directly at clients homes. OT helps people of all ages to improve their ability to perform tasks in their daily living and working environments.

Physical Therapy: provided at the health center physio clinic. Residents at long-term care facilities (Elders Lodge, Youth Care Center) are also recipients of this service. PT helps patients reduce pain and improve or restore mobility - in many cases without expensive surgery and often reducing the need for long-term use of prescription medications and their side effects.

In collaboration with community based programs, therapists are also providing **education/info sessions** during special community events (such as Health Fairs, Teddy Bear screening clinics, diabetes management etc.)

Massage Therapy: Direct access to service, massage therapist utilize therapeutic techniques and modalities, this therapeutic approach helps in prevention or treatment of injuries, decreasing stress, pain reduction, relaxation.

Nurse Practitioner: Provides service at the Health Center. NP is qualified to diagnose medical problems, order treatments, prescribe medications, and make referrals for a wide range of acute and chronic medical conditions within their scope of practice.

RMH Primary Care Network: Weekly visit by a team of health professionals (doctor, pharmacist, nurse) providing comprehensive health service.

All information, referrals and appointment bookings are available at Community Health Center.

Current Projects:

- Preparing Funding Agreements with FNIHB for all three programs named: YTC Rehabilitation Services, OC/SD Primary Care Network Chronic Care Service and OC/SD Nurse Practitioner Service.
- Rehabilitation Team pre-registration for “Knowing Our Spirits” Conference in November

Program Stats:

Comprehensive Statistical reports are provided to each FN Community at the fiscal year end, here are some of the summaries for 4 YTC FNs.:

	Occupational Therapist	Physical Therapist	Massage Therapist	Nurse Practitioner
Number of Clients	142	249	131	735
Number of Clinic Days	203.5	213	69.5	119

Resources:

- YTC Rehabilitation Services Brochures (attached)
- https://en.wikipedia.org/wiki/Physical_therapy
- https://en.wikipedia.org/wiki/Occupational_therapist
- <http://www.massage.ca/associations.html>
- https://en.wikipedia.org/wiki/Nurse_practitioner