



IWK Health

5850/5980 University Ave.
PO Box 9700, Halifax, NS, B3K 6R8

www.iwk.nshealth.ca

IWK Switchboard: 1-902-470-8888 / Toll Free: 1-888-470-5888
Emergency: 911 / Telecare: 811

IWK Community Therapy Service

Phone: (902) 470-7543

Email:

IWKCommunityOTPT@iwk.nshealth.ca

IWK Community Therapy Service

The IWK Community Therapy Service (CTS) consists of an Occupational Therapist, a Physiotherapist, and a Rehabilitation Assistant. They provide home-based services to children and youth in the community within the Central Zone of the Nova Scotia Health Authority. The IWK CTS can be accessed when there is a functional goal that can only be supported at home.

Home visits are carried out as needed to assess and potentially enhance home accessibility, safety, function, and ease of care at home. This may happen before or after surgery, to support palliative/advanced care, or to explore in-home care options as your child grows and changes. The IWK CTS will collaborate with families and others involved in their child's care such as IWK clinics, community supports, and/or referral source to assist families in meeting their goals.

❖ It is important to know that there is a significant process and timeline to work with families, vendors, insurance companies, and other potential funding sources in order to get home equipment in place. Early referral and planning are key to this process.

CTS offers supports for goals related to:

1. Home Accessibility

- Assess current accessibility in the home

- Recommend equipment and/or renovations to improve accessibility

2. Functional Activities of Daily Living (ADLs)

- Discuss family's and child's goals and plan for optimizing function in the home and community
- Assess a child's physical function in their home environment (e.g. ADLs, transfers, mobility)
- Provide family with information on adaptive aids and environmental adaptations that may increase the child's independence and safety with various ADLs (e.g. feeding, dressing, bathing, transfers etc.)
- Support in-home care needs (e.g. liaise with continuing care and/or advanced care)
- Identify and obtain necessary equipment for positioning and handling in the home (e.g. hospital bed, mechanical lifts)
- Support quality of life

3. Discharge Planning from Hospital

- Occurs with input from families and healthcare care teams
- Starts during the assessment stage for a pre-planned surgery or early in an unplanned hospital admission
- May require equipment and assessment of accessibility needs

4. Community Participation

- Collaborate with health and community partners to connect families with community resources

Who can refer?

Referrals to the IWK CTS are accepted from families, healthcare providers, and community partners.

How to refer?

- All referrals are submitted to the IWK CTS office.
- **Email:** Families and other referral sources fill out a one page intake form identifying their needs and email it to IWKCommunityOTPT@iwk.nshealth.ca.
- **Phone:** The IWK CTS office can support this process via phone at **902-470-7543**. Interpretive Services are available and phone intake interviews are possible for families to initiate a referral.

What happens next?

All referrals are reviewed and prioritized. The family will be contacted directly with the earliest possible appointment option. Healthcare providers with Meditech access can review IWK Community Therapy Service reports on Meditech under Departmental Reports. Inquiries about the IWK Community Therapy Service can be directed to the office via phone **(902) 470-7543** or email IWKCommunityOTPT@iwk.nshealth.ca.

****This patient/family guide should not be used to replace advice from your health care provider(s). / * Ce guide du patient/de la famille ne doit pas être utilisé pour remplacer les conseils de votre fournisseur de soins de santé. / *Please, no scented products or fragrances at the IWK. / * SVP, pas de produits parfumés ou des parfums à l'IWK.***

*IWK Rehabilitation Care Team, Halifax, NS.
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