



Your Hospital



Outpatient Pulmonary Rehabilitation Program



The Outpatient Pulmonary Rehabilitation Program provides a progressive exercise plan and educational components for patients diagnosed with Chronic Obstructive Pulmonary Disease (COPD). It is offered at all three of our Halton Healthcare hospitals twice weekly for nine week sessions.

COPD is a chronic inflammatory lung disease that includes Emphysema and Chronic Bronchitis. It develops over time and causes obstructed airflow from the lungs. COPD is caused by long-term exposure to irritating gases or particulate matter, most often from cigarette smoke.

Lead by a COPD Educator and a Physiotherapist, the COPD program teaches patients how to manage their condition. They learn how to control their symptoms and increase their exercise endurance so they can achieve more active lifestyles and avoid unnecessary hospitalizations. This medically directed program also encourages patients to continue to exercise in their community or home, once they have completed the hospital sessions.

A physician referral is required to access the program. Patients are assessed by a COPD Educator and a Physiotherapist prior to attending the program.

For more information, please call:

Georgetown Hospital: 905-873-0111 ext. 8112

Milton District Hospital: 905-878-2383 ext. 7695

Oakville Trafalgar Memorial Hospital: 905-845-2571 ext. 4613

Rehabilitation and Geriatrics Outpatient Programs

Halton Healthcare offers a wide range of rehabilitation and geriatrics programs on an outpatient basis to serve its aging populations. These programs are offered at Georgetown Hospital (GH), Milton District Hospital (MDH) and Oakville Trafalgar Memorial Hospital (OTMH), as indicated.

- Acute Hand Program (MDH & OTMH)
- Audiology and Hearing Aid Dispensing Services (MDH)
- Cardiac Rehabilitation and Education Program (MDH & OTMH)
- Chronic Obstructive Pulmonary Disease (COPD) Education Clinic (GH, MDH, OTMH)
- Falls Prevention Clinic (OTMH)
- Geriatric Services (MDH & OTMH)
- NeuroRehab Step Up/Assess & Restore Program (OTMH)
- Physiatry Clinic (OTMH)
- Pulmonary Rehabilitation (GH, MDH, OTMH)
- Spasticity Management Clinic (OTMH)
- Speech Language Pathology (GH)
- UVB (Light Therapy) Clinic (OTMH)

For more information about these programs visit: www.haltonhealthcare.com/programs-and-services/rehabilitation-and-geriatrics

Work-Fit Total Therapy Centre



Physiotherapy • Chiropractic • Massage Therapy • Acupuncture

Work-Fit Total Therapy Centre has a wide variety of rehabilitation programs for patients with arthritis, sports or workplace injuries, and automobile accidents.

905-873-4598 (GH)
905-876-7022 (MDH)
906-845-2571 (OTMH)

www.WorkfitPhysiotherapy.ca

Connect Care

Help at the touch of a button



Connect Care is a 24/7 emergency response service that allows clients to live safely and independently in their own home for as long as possible. It is ideal for older clients and those living with chronic diseases such as arthritis or heart disease, and those at risk of falling.

For more information:
1-800-665-7853

www.ConnectcareMedicalAlert.ca

NeuroRehab

Step-Up/Assess & Restore



This therapeutic program, offered at OTMH, helps maximize cognitive ability, perception, communication, balance, coordination, strength, and functional ability.

Beneficial for those recovering from a stroke or Acquired Brain Injury, or neurological diseases including Parkinsons, Brain Tumor, Guillain-Barre Syndrome and Multiple Sclerosis. Physician referral is required.

HaltonHealthcare.com/NeuroRehab

Help Spread the Music

Music can help unlock lost memories



Halton Healthcare recently launched a MUSIC & MEMORYSM Program at Oakville Trafalgar Memorial Hospital. This Program helps patients living with Alzheimer's, dementia and other cognitive and physical challenges reconnect with their family, friends and caregivers through music-triggered memories.

You can help spread the music by donating a new or gently used ipod, or iTunes gift card to the program.

Please call 905-845-2571 ext. 5916 or email mbudgett@haltonhealthcare.com to make arrangements to drop off your donation.