

## Frequently Asked Questions

### What is the difference between inpatient therapy and IRDP?

The main difference is you will get to be at home. Your treatment will continue to be goal focused with access to similar intensity and frequency of therapies you received as an inpatient.

### What should I wear or bring with me?

You may be at the Centre for most of the day. Bring:

- comfortable clothing
- supportive non-slip shoes
- assistive devices/ equipment you use on a daily basis such as glasses, cane, wheelchair.
- medication you require
- food and drinks.



The above items are not provided by GFS. Food and drink may also be purchased from the onsite cafeteria or nearby restaurants.

### How long will therapy last?

The program is up to 6 weeks in length although this may vary depending on your specific needs and recovery. The later part of your program will focus on building connections and links with your home community.

## Where Do I Go On My First Day?

Please check-in with reception at the adult occupational therapy/physiotherapy treatment area desk.

If you have questions about upcoming appointments or scheduling please contact: 604-737-6286

### Next Steps...

Your team will work with you to determine the next steps in your rehab following IRDP. This may look different for each individual. Connecting you with the appropriate supports and services in your community will be key to your ongoing recovery.



For more copies, go online at <http://vch.eduhealth.ca> or email [phe@vch.ca](mailto:phe@vch.ca) and quote Catalogue No. **EE.100.158**  
© Vancouver Coastal Health, April 2017

The information in this document is intended solely for the person to whom it was given by the health care team.  
[www.vch.ca](http://www.vch.ca)

# Intensive Rehab Day Program (IRDP)

## Information for Clients and Families



GF Strong Rehab Centre

4255 Laurel Street  
Vancouver BC V5Z 2G9  
Tel: 604-737-6269

## What is IRDP?

---

IRDP is an Intensive Rehab Day Program. This is an intensive, 4–6 week, team oriented program that offers an alternative to inpatient care. Participation in this program means that you will be able to return home earlier but continue to receive the intensity of therapy that you require to help in your recovery.



*“To be honest, I do not know where to start with my praise of the therapy I received on IRDP. I am now able to go about my day-to-day life with only minimal inconveniences; and it’s because of the staff and the therapy that I have come as far as I have.”*

Feedback received from an IRDP client

## Who We See

---

Individuals with newly diagnosed neurological and/or musculoskeletal impairments that require interdisciplinary rehab and who are:

- 16 years of age or older
- Able to manage safely at home
- In need of intensive rehab from a minimum of 2 core disciplines (see core team)
- Able to participate in rehab for up to 4–6 hours per day, 4–5 days per week
- Able to organize and afford his/her own transportation to and from GFS
- Able to manage independently or has a family member that can assist if required for:
  - Personal care (including toileting)
  - Eating/swallowing
  - Mobility/transfers
  - Medications

## Referral Process

---

Physician, nurse practitioner or care management leader can submit a referral. For more information contact: 604-737-6269.

## Who is the Team?

---

**Core Team:** (may include)

- Occupational Therapist
- Physiotherapist
- Psychiatrist
- Rehabilitation Assistant
- Speech-Language Pathologist
- Social Worker



**Other services may be available such as:**

- Artworks
- Assistive Technology
- Dietitian
- Driver Rehab (fee for service)
- Drug and Alcohol
- Orthotics
- Psychology
- Recreation Therapy
- Seating Clinic
- Sexual Health
- Vancouver Adaptive Music Society
- Vocational Rehab