Who Is Eligible?

To qualify for this program you must be:

- A Vancouver resident
- Between the ages of 19 and 64
- Eligible for Community Health Services and living with a complex disability/environment
- Interested in participating in a rehab program.

Please Note: Individuals receiving third party insurance or services through Community Living BC are not able to access this program.

To determine your specific eligibility, please contact your local Community Health Centre.

If you do not have a Case Manager at a CHC, then please contact:

Central Intake
604-263-7377

Community Health Centres in Vancouver:

Downtown Community Health Centre
569 Powell Street
604-255-3151

Evergreen Community Health Centre
3425 Crowley Drive
604-872-2511

Robert and Lily Lee Family Community Health Centre
1669 East Broadway
604-675-3980

Pacific Spirit Community Health Centre
2110 West 43rd Avenue
604-261-6366

Pender Community Health Centre
59 West Pender Street
604-669-9181

Raven Song Community Health Centre
2450 Ontario Street
604-709-6400

South Community Health Centre
6405 Knight Street
604-321-6151

Three Bridges Community Health Centre
1292 Hornby Street
604-736-9844

For more copies, go online at http://vch.eduhealth.ca or email phem@vch.ca and quote Catalogue No. GN.805.V36
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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca
Who Are We?
The Rehab and Resource Team is a team of health care professionals. We provide, short term (6 month) rehabilitation programs, for individuals with complex disabilities who live in Vancouver.

Who Is On The Team?
- You, the client
- Occupational Therapist
- Social Worker
- Recreation Therapist
- Physiotherapist
- Rehab Assistant
- Family Physician
- Case Manager (at a Community Health Centre)

The team may also involve your family members or significant others, care givers and other therapists involved in your life.

We have worked with people with spinal cord injuries, acquired brain injuries, multiple sclerosis or a combination of several diagnoses.

How Do We Help?
We provide assessment and treatment for individuals who want to improve their ability to function and have set specific goals that they would like to achieve.

The rehab sessions are held in your home or in community locations such as a community centre. Services are provided to the individual one on one and are aimed at increasing independence, community participation and life satisfaction.

We believe in the value of assisting individuals to build their own capabilities.

We would help you to:
- Increase your ability to manage your home - laundry, cleaning, meal planning/preparation
- Increase your involvement in leisure activities
- Adjust to a disability
- Increase your coping skills
- Build your social network
- Build your connection with community resources
- Improve your ability to manage your time or finances
- Develop strategies to assist your memory
- Develop a plan to progress towards returning to work
- Increase your independence on mobility, transfers and safe access to community resources

At the end of the six-month program, you would continue to work with your Community Health Centre Case Manager or another Vancouver Coastal Health care provider.

We can also provide education and support to family members or caregivers.