

## Getting to your appointment:

You and/or your caregiver(s) will need to plan your own way to get to and from appointments (for example: family, friends, Taxi, Uber, Lyft, Community Care Durham, Durham Region Transit (DRT) Specialized Services).

Pay & Display Parking is available in Lot B. The Pay & Display Parking meter is approximately 200 feet/ 60 meters from the Main Entrance. Patients can be dropped off at the Main Entrance.

## Directions:

Our clinic is located within Lakeridge Health Whitby.

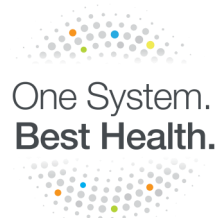
1. Enter from the Main Entrance (north side) on the Ground Floor, near the cafeteria
2. Check in at the Reception Desk just inside the Main Entrance

Ambulatory Rehabilitation Centres  
Lakeridge Health Whitby  
300 Gordon Street  
Whitby, ON, L1N 5T2  
Phone: 905-668-6831 ext. 53079  
Fax: 905-665-2414  
[www.lakeridgehealth.on.ca](http://www.lakeridgehealth.on.ca)



**Lakeridge  
Health**

June 2024



One System.  
Best Health.

# Ambulatory Rehabilitation Centres: Outpatient Neurological Rehabilitation



**Lakeridge  
Health**

## Ambulatory Rehabilitation Centres: Outpatient Neurological Rehabilitation

### What we do:

Our team offers outpatient therapy to people with a neurological condition. We will work to help you reach your goals to regain as much independence as possible.

We offer in-person, virtual and telephone visits.

### You may be eligible for our service if you have had:

- A recent stroke
- A recent brain injury
- A new neurological condition or event

### To be eligible, you must be:

- Over 18 years of age
- Referred by a doctor
- Medically stable
- Able to take part in therapy
- Able to arrange own transportation to our clinic



### We can help you:

- Re-learn daily activities
- Improve your memory and thinking skills
- Improve your movement and balance
- Improve your walking and endurance
- Improve your ability to speak, read and write
- Cope with your emotions and mood
- Link with community services and supports



### Your healthcare team:

Your healthcare team may include one or more of the following members:

- Occupational Therapist
- Speech-Language Pathologist
- Social Worker
- Physiotherapist
- Occupational Therapy and Physiotherapy Assistant

### What you can expect:

- Your first appointment will last about 1 hour, per therapist.
- How often you attend therapy appointments and how long you are in the program will be determined by you and your therapists.