

# **PREHAB Education**

**For more information,  
please call the Outpatient  
Amputee Clinic**

**250-519-1739**

**Adanac Building  
2355 Richmond Avenue  
Victoria, BC V8R 4S2**



**Intensive Outpatient  
Rehabilitation  
Program (IORP)**

*AMPLIFYING potential*

**Royal Jubilee Hospital  
250-519-1739**

## **What is PREHAB Education?**

Prehab education will give you the knowledge and skills you need to prepare for your amputation surgery and rehabilitation.

### **The Prehab session will provide you with:**

- Opportunity to meet the team at the Outpatient Amputee Clinic
- Opportunity to connect with a Peer visitor – someone who has had an amputation
- Support and an opportunity to explore resources available
- Opportunity for the team to work with you to identify home adaptations that may be necessary
- Strength & conditioning program to prepare for the rehab phase of your recovery

## **Who should attend Prehab?**

Prehab is for people who have been identified as a surgical candidate for an amputation and their support person.

Your Physician's office will refer you to the clinic and the team will contact you to set up the initial appointment.

## **Why should I attend Prehab?**

This information session is an opportunity to meet the team – Occupational Therapist, Physiotherapist, Rehabilitation Assistant, Prosthetist, Psychiatrist, Registered Nurse, Social Worker.

## **What do I need to prepare?**

Arrange for transportation to appointments at the clinic  
Bring a support person

## **How long is the Prehab session?**

The class or appointment will be about an hour and a half. Remember to bring your support person to this appointment.

## **What you need to bring...**

- Your Booklet "Before, During and After Your Amputation Surgery" that you were given by your surgeon
- Glasses/hearing aids if needed
- Mobility aids if you have them
- Snacks/insulin if needed
- Your "Home Assessment Checklist" completed if possible, in your booklet, p. 7

**Wear comfortable clothing and supportive shoes**

**Pay Parking is available on site for a cost of \$2.75  
You will need 2 loonies and 3 quarters**