

# Rehabilitation Therapy Services in Home Care



**2011 CHCA Home Care Summit  
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*Highlighting the role and value of  
rehabilitation therapy services in  
home care.*

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# Today's Discussion

In our quest to be cost-effective does home care compromise its care-effectiveness?



*Providing the full constellation of care*

# Rehabilitation Services

- Dietitians
- Occupational Therapists
- Physiotherapists
- Social Workers
- Speech-Language Pathologists



# Ontario Trend



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Does the absence of rehab services in the community = compromised care?

What is the impact?

To seniors/ young adults / kids



# Research Evidence - MSK

- Home-based rehab achieves equivalent of better functional QoL outcomes than in-patient (Stolee)
- Rehab supports a durable discharge
- Home-based rehab post elective THR or TKR recommended (Mahomed)

# Research Evidence - Stroke

- Intensive home rehabilitation with OT allowed for earlier hospital discharge by three (3) days, (Phillips)
- A UK study showed that the stroke patients who were not admitted to hospital benefited from intervention from an OT at home (Walker et al.)

# Research Evidence - COPD

- 12-week home care rehab program showed beneficial effects equal to those in an out-patient hospital-based program in patients with moderate to severe airflow limitations. The home care population maintained the improvements longer and continued to improve (Strijbos et al.)



# Research Evidence - Dementia

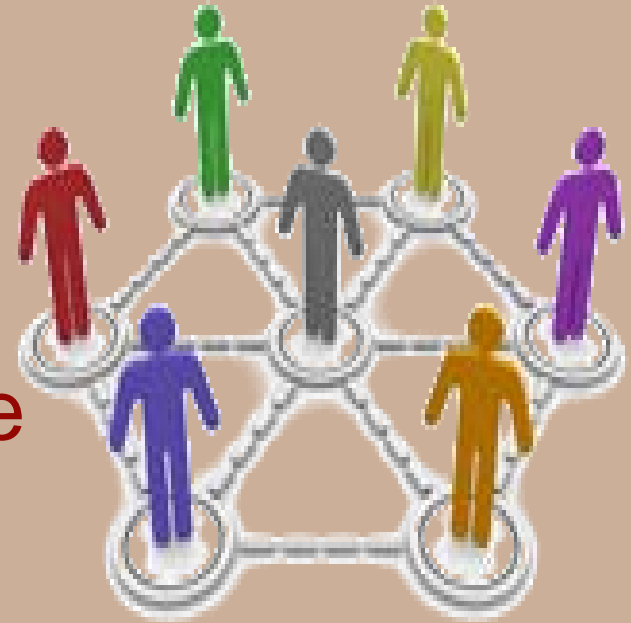
- 10 OT sessions over 5 weeks improves daily functioning
- Process skills and need for assistance in performing daily activities improved  
(Walker et al.; Graff et al.)

# Research Evidence – Palliative

- Impact on function and symptom management (Santiago-Palma, Payne)

# Takes a Team

- Home care recipients must have access to the team as clinical need and best practice indicates



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# Recommendations

- Increase awareness of rehab
- Adopt a national set of home care principles
- Support research and the KT of findings
- Improve inter-professional collaboration

# Questions & Thanks

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