

Functional rehabilitation transition unit

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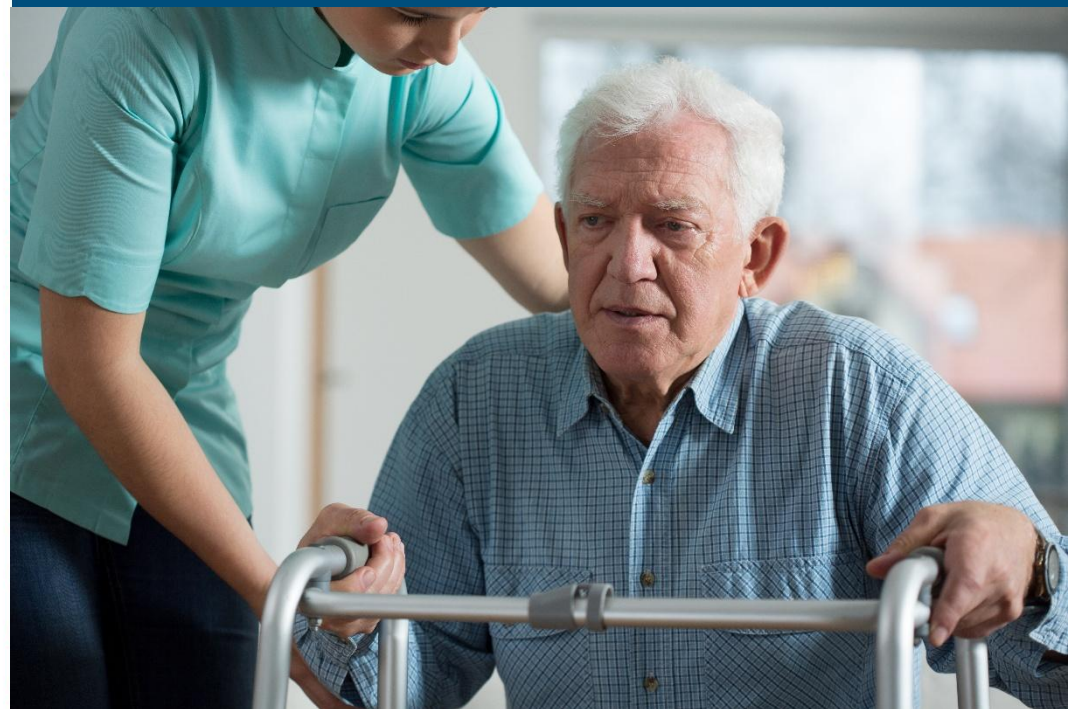
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Functional Rehabilitation Transition Unit stay following hospitalization



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Information for patients
and their families

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This pamphlet contains information for patients and their families about the objectives and services of the Functional Rehabilitation Transition Unit following a hospital stay

What is a functional rehabilitation transition unit?

It is a transitional residence adapted to seniors whose autonomy is declining where a team works in partnership with patients to allow them to regain their autonomy following hospitalization or severe deconditioning.

What is deconditioning?

Deconditioning refers to all the physical, mental and social consequences of inactivity, a sedentary lifestyle, or intellectual and social under-stimulation that have a negative impact on autonomy.

Who is the functional rehabilitation transition unit for?

Any elderly person who has had a hospital care episode and presents a significant reduction in autonomy and for whom returning to or remaining in their home is temporarily unsafe despite added services from home support services (known in French as SAD). The person must demonstrate motivation to participate in their recovery and decision-making.

What are the objectives of a stay in a functional rehabilitation transition unit?

The patient has been referred by the hospital care team with one of the two following objectives:

- To recover functional autonomy to be able to return to live safely in their home.
- To provide a period of functional rehabilitation before determining with the patient and their family the possible options of where to move to when a return home is not possible.

How can you contribute to your loved one's recovery?

To encourage your loved one's recovery of autonomy and increase their chances of returning to the community, you will be encouraged to engage in the care process according to your availability and capacities.

You will be supported in the use of methods that will help encourage their safe rehabilitation. These include:

- Good techniques to ensure your loved one's safety in moving around and during transfers (getting up, lying down, etc.).
- Let your loved one perform their tasks at their own rhythm (walking, dressing, washing, eating, etc.).
- Bring the personal effects that your loved one will need (clothing, shoes, etc.).
- Find activities and exercises suitable for your loved one (going for walks outside, reading, music, television, Sudoku, yoga, etc.).
- Participate in follow-up calls and meetings with the multidisciplinary team.
- Accompany your loved one during medical appointments.
- Prepare for medical appointments.
- Attend meetings with the doctor.
- The team members will remain available to answer your questions and concerns about your loved one's stay and plans for their discharge.



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Your involvement is important!

What are your commitments?

When you are admitted to a functional rehabilitation transition unit, it is understood that you and your family will participate in the care and rehabilitation program presented as well as in planning for your discharge.

To promote regaining your autonomy:

- You will be encouraged to carry out your personal activities, based on your capacity (for example, your personal hygiene).
- You must wear appropriate and comfortable clothes to carry out your plan's activities (ample clothing, slip-resistant closed shoes).



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To maintain a stimulating and safe home for everyone, the following house rules apply at all times. You thus undertake to:

- Use the furniture, equipment and accessories available to you appropriately.
- Keep your surroundings clean.
- Return borrowed material upon return from appointments as well as when you are leaving the residence.
- Respect the fact that use of tobacco or alcohol in the residence will not be tolerated unless a smoking room is available.
- Respect the fact that verbal or physical violence will not be tolerated.

What will your stay be like?

When you arrive, a nurse or someone in charge of the residence will welcome you and explain in detail what will happen during your stay.

In the days following your arrival, members of the team will work with you to help you regain your autonomy. Based on your objectives and capacities, you will begin your period of functional rehabilitation by carrying out your daily activities, practicing moving about, doing exercises, all while receiving the appropriate instruction. An interdisciplinary team will be available and will be involved with you based on your needs. The team is made up of the following professionals: occupational therapist, nurse, practical nurse, social worker, physiotherapist, physiotherapy technologist, and rehabilitation attendant. A nutritionist, respiratory therapist and/or kinesiologist may also join the team as needed. The type and frequency of treatments can vary according to your objectives, your needs and your capacities.

Attendants and caregivers will also support you by providing the assistance you need to carry out your daily activities. The professionals involved during your stay as well as the length and frequency of treatments will be determined based on your needs.

Length of your stay

The length of your stay depends on the rhythm at which your recovery progresses. The average stay in a functional rehabilitation transition unit varies between two and four weeks.

In the days following your admission, the team will start the process of planning your discharge with you. This process continues until your discharge to ensure your safety when you return to your home. Once the discharge plan is agreed to by you and your family, it is important to respect it. Discharge from the functional rehabilitation transition unit will take place as soon as you can safely return to your home or to a new residence. If rehabilitation services or at-home help are required, the team will accompany you to ensure continuity in your rehabilitation process.

What are the expenses associated with your stay?

The first 30 days of your stay are cost-free. Beginning on the 31st day, a charge of \$15 per day will be applied. This amount covers part of the cost of meals and accommodations. In the days following your arrival, a member of the finance team will contact you or your family to discuss the payment process.

You have to pay for your medications unless otherwise indicated. Your own pharmacy or one in the community will be contacted by the care team to have your medications delivered directly to the residence. You will be asked to manage your medications to the best of your ability.

You must also bring along your incontinence products or anything else you usually use, such as dietary supplements or specific foods.

What services are included?

- **Help with personal hygiene:** based on your level of autonomy and the established intervention plan, one partial toilet per day and a bath or shower once a week, according to a pre-established schedule.
- **Meals:** Breakfast, lunch and supper are included and are served in the dining room. Guests who would like to share a meal with their loved one should ask a member of the care team for details.
- **Professional and assistance services.**

Which services are not included and must be paid for by you?

- Medication and incontinence products.
- Television and telephone service charges.
- Transportation costs.
- Hairdressing costs — you may be able to make an appointment at the residence (available in some locations).
- Special snacks outside the regular services provided by the residence, dietary supplements.
- Special personal products other than those prescribed by a physician.
- Foot care costs.
- Laundry: the family is asked to undertake laundering the patient's clothes. When this is impossible, the care staff must be told so that they can find an alternative.

What are the transport arrangements for medical appointments?

The stay in the functional rehabilitation transition unit is temporary. You and your family are therefore responsible for transport to medical and other appointments just as if you were in your own home. Your family will also be asked to accompany you if required. If this is not possible, please inform the care staff so that possible options can be discussed.



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