

Transportation

You must arrange your own transportation to the L.A. Miller Centre. There are disabled parking spaces in front of the Centre.

Waiting Times

Wait times may vary depending on the service required.

Scent Free

To provide a safe and healthy setting for our patients, staff and visitors, all facilities of Eastern Health are scent free. Visitors, patients and staff should not wear scented products.

Smoke Free

It is the policy of Eastern Health to provide a tobacco and smoke-free workplace and environment. Eastern Health prohibits the use of all tobacco products and products that mimic tobacco use (e.g. electronic cigarettes also known as e-cigarettes) on properties owned and leased by Eastern Health, including the buildings, grounds and parking lots (including all vehicles parked therein). All must comply with the Smoke-Free Environment Policy and have a shared responsibility for supporting the policy.

Cell Phone/Photographs

Cell phone use/photographs is **not** permitted during therapy sessions.

Rehab

OUTPATIENT SERVICES

For more information or to refer a client:

Call 777-6531

Written referral may be faxed to:
777-7848 or sent to:

Rehabilitation Outpatient Services
1st Floor, Dr. Leonard A. Miller Centre
100 Forest Road
St. John's, NL A1A 1E5

Please note which service(s) are being requested.



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Rehab

OUTPATIENT SERVICES

Rehab Outpatient Services include assessment, treatment, teaching, training and follow-up for adult clients with disabilities.



Dr. Leonard A. Miller Centre

Rehab

OUTPATIENT SERVICES

Clients can be referred to one or more of the following outpatient services:

Clinical Nutrition (CN):



Clinical Nutrition will assess your nutritional intake and needs. We will help teach you to manage your eating and nutrition issues, as needed.

We will also suggest ways to change your food texture if you have swallowing problems.

Nursing (N):



Nursing will help you with any nursing care needs. For example, we will address any issues with bowel care and bladder care. We will

address skin care and foot care problems. We will go over your medications with you if you have any questions.

Occupational Therapy (OT):



Occupational Therapy will help you to improve your skills to do everyday tasks, such as self-care, homemaking, work and

leisure. We may assess your home, work or school setting to suggest equipment or changes needed to make access easier. We may suggest special tools called assistive devices to improve your ability to perform some activities.

Physiotherapy (PT):



Physiotherapy will work with you to improve and maintain your physical abilities. We will help you to manage and prevent physical impairments.

Physiotherapists will help you take part in your self-care, leisure and work activities. We promote fitness, health and wellness.

Psychology (Psych):



Psychology can help you to better cope with the stress that may come with your health changes. We can assess changes that may have occurred in your concentration, thinking and memory, and work with you to improve these skills. We can also teach you ways to better deal with your life changes.

Therapeutic Recreation (TR):



Therapeutic Recreation can help you develop and use your leisure time in ways to improve your health, independence and quality of life.

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Social Work (SW):



Social Work will help you and your family adjust to changes that may occur in your life as a result of your health changes. We will build on your present strengths and resources. Where needed, we will advocate for community-based support services to improve your quality of life in the community.

Speech-Language Pathology (S-LP):



Speech-Language Pathology will enhance your ability to communicate with others. This will be done by assessing your speech, understanding, reading, written language and hearing. Swallowing safety will also be reviewed.

Other services available through the Rehabilitation Outpatient Services:

- Body Wellness Exercise Class (PT)
- Driving Assessment Services (OT)
- Full Team Consultation Day
- Hot Topics Education Session
- Parkinson's Exercise Class (PT)
- Rehab for Life Education Program
- Stroke Support Group