

## Windsor Regional Hospital Self-Care Program Description

Our self-care program is running as follows: OTs assess everyone that is appropriate (ie. self-care is a goal, client going home independently). Some clients who need one to one retraining are seen 2-5 times a week by the OT in their room. The alternate days that the OT is not working with the clients the nurses are following through with the self-care routine as specified by the OT on the client's individual therapy communication board in their rooms.

Those clients who are appropriate and only need long-handled aid training or training with use of one-handed techniques are provided with an educational handout and are seen in our new self-care retraining group that runs Tuesday and Thursday mornings from 9:30am-10:15 where the above mentioned skills are practiced in a simulated session. The OT then reassesses as appropriate to modify the client's program.