

Balancing Risk and Autonomy in Rehab: Patient and Caregiver Guide

Practicing higher-risk activities to improve recovery – Is this right for me?

At Toronto Rehab, we try to balance keeping you safe and helping you be as active and independent as possible. We know that there are risks to lying in bed, such as blood clots and depression, but that falls can be harmful too.

In rehab, you can choose to practice higher-risk activities that may increase your risk of falls, but also keep you moving more independently. Some examples are using the bathroom on your own or moving around your room without assistance.

What you can expect

Before you practice higher-risk activities, your rehab team will:

1. Talk to you about the risks and benefits
2. Teach you how to reduce your risk of falls and what to do in case of a fall
3. Communicate with other team members so they are all aware of your plan
4. Regularly check-in and update your plan if needed. You or your care team should stop these activities if your health condition changes (such as a new infection).

Questions?

Speak with any member of your rehab team.