

## Television and Telephone

Cable television service in client rooms is available for a fee, paid through the Business Office.

Public telephones are available in all Carewest buildings.

Some client rooms are also wired for telephone. The client must bring their own telephone and set the service up through Telus for a fee. Use of cell phones is permitted in our facilities.

## Laundry

Carewest Glenmore Park provides wheelchair-accessible, coin-operated washers and dryers for clients' personal use. It is the responsibility of the client to care for their clothing.

## Valuables

We ask that clients not bring valuable jewellery or large sums of money. Money can be left with the Business Office for the client's use during their stay.

## Visitor Parking

Please check with the front receptionist for details.

## Visiting

Attending therapy is a priority and visits from friends and family should be arranged around the therapy hours.

Visiting hours are 10 am to 8:30 pm.

## Smoking

Carewest Glenmore Park is a non-smoking facility.

## Amenities

- Cafeteria
- Gift Shop
- Gardens
- Telephones for local calls

## Costs

There is no fee for MSK. If a client is approved for long-term care placement, designated living, or an approved personal care home, the daily room rate charge applies.

## Innovative Health Care

Carewest is a leading-edge health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages.

As Calgary's largest care provider of its kind, Carewest operates nine sites and several community services aimed at helping people live more independent lives.

## The Calgary Health Trust

The Calgary Health Trust fundraises for excellence in health care and contributes to the quality of life for those served by Carewest. To donate please call (403) 943-0615 or visit our web site at [www.calgaryhealthtrust.org](http://www.calgaryhealthtrust.org)

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Musculoskeletal  
Rehabilitation Unit  
(MSK)



Carewest is a wholly owned subsidiary  
of the Calgary Health Region

[www.carewest.ca](http://www.carewest.ca)

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## Welcome

The Musculo-skeletal (MSK) Rehabilitation Unit is for people who have had bone and joint surgical procedures or other fractures and need rehabilitation and time to recover. Your doctor has determined that you do not need to be in hospital, but you do need extra, intensive therapy and nursing care to build your strength and endurance before going home. This is a rehabilitation and recovery program so the stay is short, probably no more than a few weeks.

### Location

Carewest Glenmore Park  
6909 – 14 Street SW Calgary  
Phone: (403) 258-7666

## Members of the Care Team

Core members of the care team will include but may not be limited to the following people:

- Client and Family
- Licensed Practical Nurses
- Nursing Attendants
- Occupational Therapists
- Pharmacists
- Physical Therapists
- Physicians
- Recreation Therapists
- Registered Dietitians
- Registered Nurses
- Social Workers
- Therapy Aides
- Therapy Assistants
- Transition Services Coordinators
- Unit Clerks
- Volunteers

## Diagnostic Services

Access to specialized diagnostic services such as X-ray is provided and will be arranged by the MSK staff.

### What Happens on the Unit?

Therapy occurs all day long – not just in the therapy department. Therapy includes getting you to take part in your activities of daily living, such as washing, getting dressed and walking. As you progress, the intensity of the therapy will increase. The goal is for you to do as much for yourself as possible to prepare you for going home.

### What to Bring

- Comfortable clothes (pants are preferable as you will be doing exercises in the therapy department).
- Non-slip shoes
- Personal toiletries (shampoo, shaving equipment, deodorant, etc.)

## Client Room

For the most part, accommodations are semi-private rooms (shared with one other person) with an adjoining washroom.

Depending on your care needs (and those of other incoming clients), it is possible that you will be transferred from your original room to another room on the care unit during your stay.

### Meals

Meals are served in the dining room. Daily menus are posted and choices are available. Therapeutic diets, such as diabetic or low salt, are provided.

