



Toronto
Rehab

Everything Humanly Possible

Lakeside Long-Term Care

Care with a difference



Toronto Rehabilitation Institute
*A University of Toronto
Teaching and Research Hospital*

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Advancing rehabilitation

At Toronto Rehab, our goal is to advance rehabilitation and enhance quality of life by pushing the frontiers of rehabilitation science. As a fully affiliated research and teaching hospital of the University of Toronto, we do everything humanly possible to generate new knowledge, put it into practice and share our discoveries with others.

Our patient care, research and education focus on helping the 3.6 million Canadians who experience and live with disabling illness and injury.

Our clinical programs include:

Cardiac rehab – for people who have had a heart attack or major heart surgery, or who have type II diabetes

Complex continuing care – for adults with complex medical conditions such as Alzheimer disease, cerebral palsy, multiple sclerosis or Parkinson's disease

Geriatric rehab – for seniors with severe illnesses and/or multiple age-related conditions

Long-term care – for people who are unable to live independently and need around-the-clock care

Musculoskeletal rehab – for adults who have had joint replacement surgery, sustained multiple injuries, or who have osteoporosis or cancer

Neuro rehab – for individuals who have had a stroke or brain injury, or who have multiple sclerosis

Spinal cord rehab – for people who have sustained a spinal cord injury or disease

Lakeside Long-Term Care

Enhancing quality of life

We also train the health care professionals of tomorrow in all areas of rehabilitation, complex continuing care and long-term care.

Toronto Rehab is Canada's largest academic hospital providing adult rehabilitation, complex continuing care and long-term care services. It was created in 1998 by the amalgamation of The Queen Elizabeth, Hillcrest and Lyndhurst Hospitals, and the Toronto Rehabilitation Centre.

The move from a house or apartment to a long-term care home can be a difficult one — a time of major change for individuals and their families.

At Lakeside Long-Term Care Centre, we do all we can to make that transition easier. We provide exceptional care to meet each resident's medical and personal needs. Moreover, we provide compassionate care that respects the dignity of each person.

We're committed to providing care with a difference.

Home-like surroundings

Opened in 2004, Lakeside Long-Term Care Centre provides a warm and comfortable environment for 128 residents.

- Four distinct home areas provide a home-like atmosphere. Each home area contains resident rooms, a dining room, lounge and activity space for 32 residents.
- A landscaped courtyard provides a secure outdoor space for residents to enjoy the gardens and fresh air.
- Outdoor terraces on upper levels provide additional outdoor space overlooking spacious gardens and the neighbourhood.
- 80 comfortable and spacious private rooms have private bathrooms.
- 48 standard rooms (two people share a bath room) are designed for maximum privacy.

- Tastefully decorated rooms are designed to accommodate pictures, bedspreads and small pieces of furniture from home. Each room has a secure, lit memory box where residents can display and share their most cherished items with friends, staff and visitors.

Sense of community

Lakeside Long-Term Care Centre creates a welcoming community for residents, family and friends.

- Delicious, nutritional meals are served in dining rooms overlooking the landscaped courtyard and a nearby children's play ground.
- A country kitchen provides space for informal dining and home baking.
- Private family events can be hosted in the Celebration dining room.
- Our interfaith spiritual room provides residents of various religious traditions with a place to reflect, pray or meditate either on their own or with others.
- A beauty salon and barbershop are located onsite.
- Public gardens and a park beside the home provide additional space to stroll, visit and sit.
- Intergenerational activities enable residents to enjoy time with children from the adjacent daycare centre.
- Easy access to our home from the Gardiner Expressway or the King Street streetcar. Convenient on-site paid parking is available.

Exceptional care

Our dedicated team of trained caregivers provides high-quality care, 24 hours a day.

- Physiotherapy and other therapeutic programs help residents to maintain their mental and physical well-being.
- Recreational programs provide opportunities to stay active and socialize.
- A wandering resident safety system ensures the safety of all residents. Call bells in all rooms enable residents to call for immediate assistance.

Applying for admission

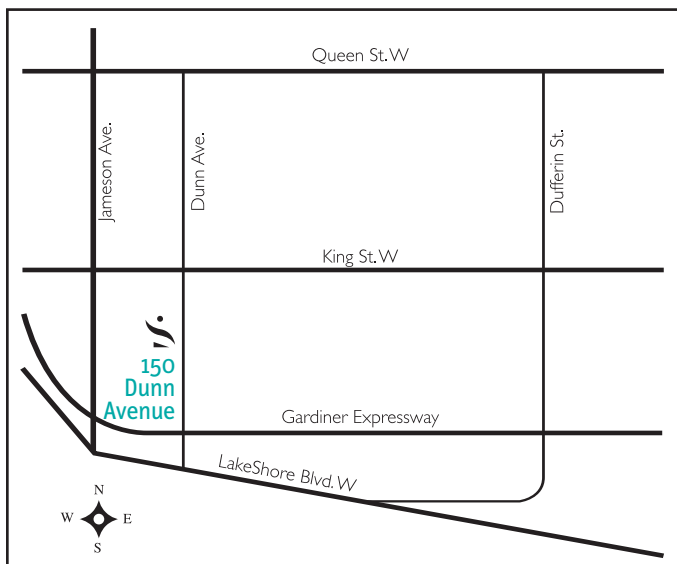
Anyone who is approved for long-term care by the Toronto Community Care Access Centre (CCAC) is eligible to be a resident at Lakeside Long-Term Care Centre. Please call the Toronto CCAC at [416-506-9888](tel:416-506-9888) for more information on how to apply.

We are happy to provide you with a tour of Lakeside Long-Term Care Centre at your convenience. Please call us directly at [416-533-2828](tel:416-533-2828) to arrange one.

Partners in exceptional care

Toronto Rehab is a fully affiliated teaching and research hospital of the University of Toronto dedicated to adult rehabilitation and complex continuing care. Through our Lakeside Long-Term Care Centre, we are now able to extend the continuum of care we offer and provide much needed long-term care services in West Toronto.

We are proud to provide this care in partnership with Extendicare, a leader in long-term care services in Canada.



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EXTENDICARE™

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