

# CONTACT US

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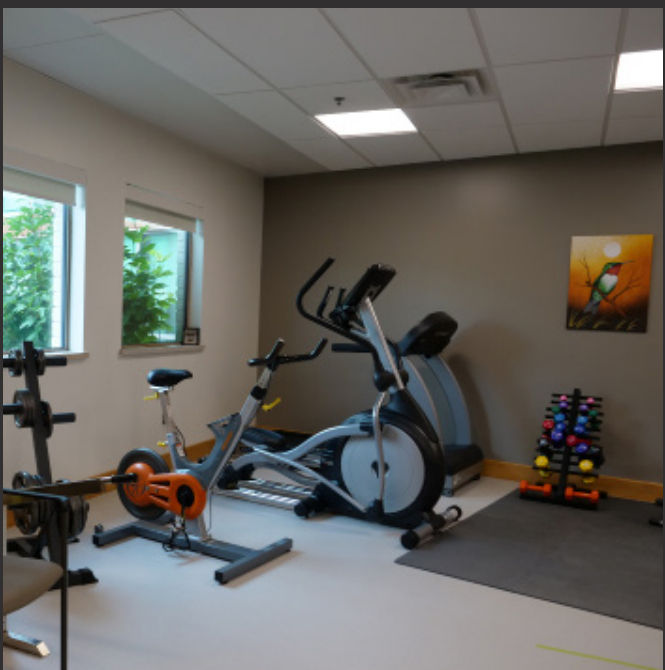
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## REHABILITATION THERAPIES PROGRAM



### WHAT WE DO

Provides Occupational Therapy and Physical Therapy to clients in the community, inpatients at All Nations' Healing Hospital, or at our outpatient clinic. The team assists individuals in living healthy and more independent lives while experiencing health related barriers.

### SCOPE OF WORK

Assesses home environments for equipment and accessibility, education on fall prevention and physical safety, provides rehabilitation services for people following injuries or surgery, and helping individuals leave the hospital to home environments safely.





## WHAT IS OCCUPATIONAL THERAPY (OT)?

Occupational Therapy helps you do the things that you want to do at home, in the community, or at school despite having difficulties with your hands/arms, mobility, coordination, or sensory skills.

OT teaches you the skills and provides you with the tools to adapt and overcome new or existing challenges with movement.

Occupational therapy looks at how physical, emotional, social, cultural, and spiritual factors limit participation in meaningful occupations, and how these factors may contribute to wholistic health and maintaining balance.

## WHAT IS PHYSICAL THERAPY (PT)?

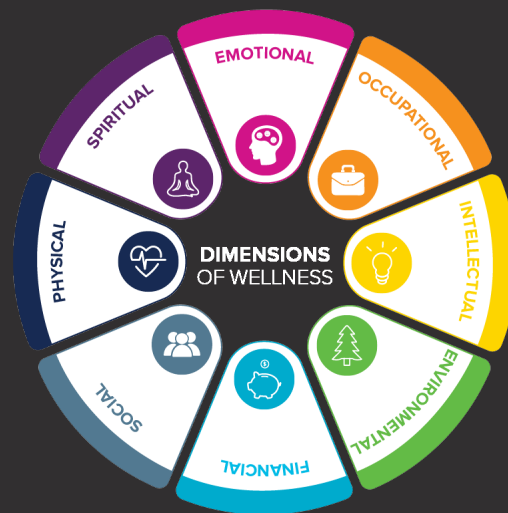
Physical therapy helps you in rehabilitation following surgery, illness, injury or long term condition to help you restore your overall function and recovery. PT can build confidence in mobility and improve physical fitness through a variety of interventions including but not limited to exercise.

PT encompasses physical, emotional, social, cultural, and spiritual factors in meaningful interactions, and how these factors may contribute to wholistic health.

PT can also build confidence in participating in various environments and aid in rehabilitation for new or chronic injury or disability.

## HOW DO I SEEK THERAPY SERVICES?

- Self-referral
- Visit your Primary Care provider to request a referral
- Speak to a member of your primary health care team
- Contact a member of our team



## OUR SERVICES

- Inpatient rehabilitation for the 14 beds at All Nations' Healing Hospital
- Outpatient rehabilitation and community visits for the 11 First Nations communities within the File Hills Qu'Appelle Tribal Council:
  - Carry the Kettle Nakoda Nation
  - Little Black Bear's Band of Cree and Assiniboine
  - Muscowpetung Saulteux Nation
  - Nekaneet First Nation
  - Okanese First Nation
  - Pasqua First Nation
  - Peepeekisis Cree Nation
  - Piapot First Nation
  - Standing Buffalo Dakota Nation
  - Star Blanket Cree Nation
  - Wood Mountain Lakota First Nation

## ABOUT OUR PROGRAM

The Rehabilitation Therapies program is operated out of the File Hills Qu'Appelle Tribal Council Health Services, located at All Nations' Healing Hospital in Fort Qu'Appelle. We offer services to our 11 First Nation communities by assisting those in hospital, in the community, or at our outpatient clinic. We assist individuals in living health and more independent lives while experiencing health related barriers.