

# CONTACT INFORMATION

## **Intensive Functional Rehabilitation Unit (IFRU)**

169, 7<sup>e</sup> Avenue Est  
Macamic (Québec)  
Tel. : 819-782-4661  
Manager : 819-782-4661, ext. 3409

## **Accommodation for family**

169, 7<sup>e</sup> Avenue Est  
Macamic (Québec)  
Tel.: 819-782-4661, ext. 3269

## **Referrals**

For a referral, contact the manager of rehabilitation programs in your area:

Amos : 819-732-8690  
Rouyn-Noranda : 819-762-6592  
La Sarre : 819-333-9753  
Val-d'Or : 819-825-3337  
Ville-Marie : 819-629-3115

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**Centre intégré  
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Témiscamingue**

Québec 

Guide for users and their family

# Intensive Functional Rehabilitation Unit IFRU

## What is the IFRU?

The Intensive Functional Rehabilitation Unit receives individuals with physical health conditions or motor impairments. Its mission is to facilitate the speedy recovery of users so that they can return to their regular social and professional activities.

The IFRU in Macamic is the regional resource offering inpatient services for intensive and functional rehabilitation.

### Its objectives are to:

- Do everything possible to help users achieve optimal functional independence (e.g. nutrition, personal care, communication, travel, work, education, leisure, etc.) so that they can return home. This translates into intensive, short-term and specialized therapy that gives users the best possible chance of successfully reintegrating into society and the workplace.
- Offer a specialized assessment service to health professionals who require outside expertise for their clients.

## Did you know?

The real challenge for people with physical impairments is to reduce their disabilities, and above all to recover and maintain or achieve social and economic independence.



## Your Stay (cont.)

## What you will need during your stay

### Necessary clothing

- Socks
- Underwear
- Pyjamas or nightgowns
- Pair of non-skid slippers
- Shorts
- Pair of comfortable pants for exercising
- Shirts or blouses depending on what you are comfortable in
- Coat (adapted to the season)
- Runners or shoes
- Bathing suit (optional)

### Necessary items

- Tissue paper
- Comb or hair brush
- Toothpaste and toothbrush
- Electric razor (razors with blades are strictly forbidden)
- Sanitary pads (if needed)
- Shampoo and conditioner (if needed)
- Antiperspirant or deodorant
- Medication and dosette
- Medical equipment, if applicable (e.g. glucometer and strips)
- Alarm clock
- Cash (\$20-\$30)
- Health insurance card
- Plastic hangers
- Pictures of loved ones
- Laundry soap and fabric softener (washer and dryer available)
- Personal walking aids (if applicable)

## Your Stay

- During the first two to three weeks, the user is assessed by the various rehabilitation professionals of the multidisciplinary team.
- An interdisciplinary intervention plan is developed with the user and their family.
- The length of a user's stay varies between 30 and 90 days and is determined by a committee of rehabilitation professionals who work with the user. The committee meets every four to six weeks, and the length of the stay is reviewed every time it meets.
- Throughout a user's stay in the unit, the user will work on recovering their abilities or learn compensatory strategies to cope with their disabilities. By practising day-to-day activities (using daily living aids, etc.), the user will prepare to return home or to a living environment adapted to their condition. We will focus on the difficulties the user experiences in adapting to their new situation in order to provide them with the necessary support to overcome these difficulties.
- When temporary discharges are planned, the goal is to:
  - » Identify actual or potential problems;
  - » Identify post-discharge needs; and
  - » Ensure that the required accommodations, equipment and services are in place.

Note that these sessions can take place on weekdays or during the weekend.

These sessions are recommended if the team or the family anticipates changes in the user that could jeopardize the user's safety.

Throughout the user's stay, the user will have to plan their return home (e.g. means of transportation), as the unit does not provide this type of service for in-home sessions or once the user is discharged from the unit. The user can seek assistance from the IFRU team, which will provide the necessary support to help them carry out these steps.

## Who is the IFRU for?

- Individuals whose condition could be related to the following:
  - » Nerve damage due to a stroke, neuropathy, myopathy, multiplesclerosis, ataxia, Parkinson's disease, etc.;
  - » Loss of anatomical integrity (amputation);
  - » Myelopathy (spinal cord injury);
  - » Any other injury (polytrauma, severe burns, etc.).
- Individuals whose medical condition has been stabilized and whose diagnosis has been clarified, who are capable of participating in their rehabilitation and who are likely to remain with significant and persistent disabilities if every effort is not made to maximize their chances of recovery.

"Participating in their rehabilitation" means being able to receive and actively participate in their intervention plan. Professionals will share the objectives of the intervention plan and teach the user strategies that they can practice on their own or with assistance. The premises are set up to allow users to use certain exercise rooms or home-like spaces so that they can perform activities of daily living (ADL) (e.g. personal hygiene care, eating, transfers, housekeeping, meal preparation, grocery shopping, laundry, etc.).



## In a Nutshell

- Professionals at the IFRU develop individualized rehabilitation intervention plans in which the user and their family participate;
- The family is integrated into the rehabilitation process according to the user's wishes and the family's availability;
- The length of a user's stay usually ranges from 4 to 12 weeks.

## Family Accommodations

To make up for the location of the regional IFRU, which may be inconvenient for some users and their families, the following arrangements have been made:

- Lodging in Macamic is available to families at a minimal cost:
  - » 169, 7<sup>e</sup> Avenue Est, Macamic (Québec) J0Z 2S0
  - » For more information, contact Ms. Diane Doré at 819-782- 4661, ext. 3269;
- Users and their family have access to the specialized medical services they require.

## Did you know?

The Disability Creation Process (DCP) is the model used to identify and address the specific needs of users with physical impairments.

## What else is there to know about the regional IFRU?

- It is a unit specifically dedicated and designed for rehabilitation;
- Interventions are based on the Disability Creation Process (DCP), which maximizes rehabilitation outcomes by addressing all aspects of the user's daily life;
- The professional team of this unit develops the expertise required to meet the needs of its users;
- Staff is specially trained in rehabilitation nursing;
- It is a living environment that fosters the generalization of learning (training of support staff, use of technical aids, varied conditions for activities of daily living (ADLs), etc.);
- It offers a personalized activity program, and equipment is available outside of therapy periods;
- A full range of specialized equipment is available for the rehabilitation process, including clinical informatics equipment for cognitive disorders; a therapy pool, etc.);
- Throughout the user's stay, the IFRU professionals liaise with professionals working in the hospital, CLSC or health centres in the area where the patient is from to ensure that the patient returns home as quickly as possible and pursues their rehabilitation objectives;
- Protocols are developed for specific clientele (e.g. individuals who have suffered a stroke or a spinal cord injury).

