

**The SAGE Unit** is located at the Two Hills Health Centre, 153 km northeast of Edmonton, Alberta.

It is an assessment and short stay program designed for adults who would benefit from an intensive rehabilitation program to increase independence.

## Program Overview

The program includes:

- A multidisciplinary team approach
- 12-bed dedicated inpatient unit
- Geriatric assessment outpatient clinic
- Telehealth consultation
- Swallowing assessments
- Cognitive driver evaluation.

### **People who would benefit from this program include individuals who:**

- have had a stroke
- suffer from a neurological disease (ie: Parkinson's, Alzheimer's, dementia, MS, muscular dystrophy)
- are having difficulties with recent memory and problem solving abilities
- are losing their ability to manage day-to-day activities such as managing money, paying bills, banking
- are falling often
- have had surgery, amputation or illness and require intensive rehabilitation before being able to manage at home
- need to have their medications reviewed
- are questioning their ability to safely drive a vehicle.

### **To be admitted to the program, the individual must:**

- be able to transfer safely with a maximum of 2 people assisting
- be able to weight-bear
- be able to show some movement to the side of the body affected by the stroke
- be able to follow instructions and be able to carry those instructions over to the next day
- be able to sit up for one hour
- have a desire to be in the program
- be able to feed themselves
- have a good support system in place such as family, friends, home care, community services.



The SAGE Program has been very successful in improving physical function and independence for those people admitted into the program. Each year, approximately 65% of people admitted to the program return back to living in the community.

Some quotes from former clients included on satisfaction surveys:

*"Everything about it is very excellent. You all improved my life, my health ahead, and will to continue on with my life."*

*"I can go home now. Can speak better now."*

*"It was very helpful and beneficial and the encouragement was great."*

***To find out if you, or someone you know, would benefit from this program, please have a discussion with your physician, or contact the SAGE Unit at (780) 657-3344***

***Achieving maximal independence and life satisfaction through partnership with our clients, caregivers, and communities.***

Mission Statement of the  
SAGE Rehabilitation Unit



east central health

**Stroke  
And  
Geriatric  
Empowerment  
Rehabilitation  
Unit**

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