

## How Can Family Members Help?

- ❑ Have a positive attitude and participate actively in your loved one's recovery.
- ❑ Meet the rehabilitation team as soon as possible upon admission to handle administrative matters and share relevant information about your loved one, family and social background
- ❑ Understand the ways your loved one will require care after discharge and arrange appropriate caregiver training.
- ❑ Participate actively in caregiver training to boost your confidence in caring for your loved one at home
- ❑ Encourage your loved one, communicate with them to understand their moods and fears.

## Spinal Support Group

If you are keen to be part of a support network of SCI survivors to learn about available resources and knowledge to manage your condition, please scan the QR code to sign up or email [tess\\_lj\\_hng@ttsh.com.sg](mailto:tess_lj_hng@ttsh.com.sg) for more enquiries.



For more information, you can contact us at 64506181.

## TTSH Integrated Care Hub (TTSH-ICH)

1 Tan Tock Seng Link  
Singapore 307382



Scan the QR Code with your smart phone to access the information online or visit <https://for.sg/ttsh-health-library>

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Department of  
**Rehabilitation Medicine**

## Spinal Cord Injury Rehabilitation Programme










## Spinal Cord Injury (SCI) Rehabilitation

is your first step towards functional recovery, with the aim of reintegrating you back into to your home, community and workplace.

**You or your loved one has just been admitted with one or more of the following issues:**

-  Weakness in the arms and/or legs
-  Numbness in the arms, body and/or legs
-  Difficulty in walking and/or self-care
-  Difficulty in passing urine or passing motion
-  A sense of helplessness and despair

## The Spinal Cord Injury Rehabilitation Team

Our interdisciplinary spinal cord injury rehabilitation team includes:

- Rehabilitation Physicians
- Therapists
- Nurses
- Psychologists
- Medical Social Workers who will guide you on the path towards functional recovery.

Your length of stay is dependent on your diagnosis, speed of recovery and specific functional goals set. Each patient's degree of recovery is different.

## The Programme

On admission, you and your family will be informed on what you can expect from our programme based on your condition. Your recovery progress will be monitored weekly for us to develop your rehabilitation programme.

Your medical and functional goals will be set according to the type and level of spinal cord injury sustained.

The programme includes:

- Physiotherapy and Occupational Therapy sessions from Monday to Friday to improve your mobility and ability to care for yourself. Gym sessions may be recommended for selected patients.
- Mobility training, to ensure that you can move around on your own or using a wheelchair.
- Bladder and bowel training so you to have better control over them to prevent complications.
- Psychosocial support and teaching you skills to cope with your injuries.

You may also be advised on:

- Fertility and sexuality issues
- Home assessment and modification
- Equipment prescription (e.g. wheelchairs, walkers and commodes).
- Outpatient therapy, medical or nursing follow up upon discharge
- Process of applying for an injury/disability assessment report, if needed

## What Can You Do As a Patient?



Maintain a positive attitude at all times.



Participate actively in all your therapy sessions, and allow members of the rehabilitation team to build rapport with you and your caregiver.



Report any discomfort so that we can provide medical attention early.



Be prepared to practise functional tasks in the ward, within the safety limits set by your care team