

DO

- Be WELL, Keep WELL
- Sleep and exercise WELL
- Enjoy the experience!
- Follow advice provided on the following:



Medications



Injections



Catheterisation



Diet Consistency/Feeding Regime



Suctioning



Home Safety



Wound Care

DON'T

- Take unnecessary risks that may jeopardize your safety.

For More Inquiries/Advice

Please call the ward Nurse-in-charge at:

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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patienteducation@ttsh.com.sg

TTSH REHABILITATION CENTRE

Weekend Leave

Inpatient Rehabilitation Programme





What is Weekend Leave (WEL)?

The WEL experience is an important aspect of your inpatient rehabilitation programme, aimed to facilitate successful integration back home.

The WEL experience will enable you to:



Apply new skills you have acquired during your rehab sessions



Practise and further enhance your skills



Gain confidence in managing your physical body after illness

Participating in the WEL experience will offer you a glimpse of returning home after an extended hospital stay, enhancing familiarity with the care at home and better preparing you for the post-rehab journey ahead.

Upon returning to the ICH ward post-WEL, patients are encouraged to discuss any issues encountered at home with the Rehab Team to resolve your concerns.

Frequently Asked Questions

Who is eligible for WEL?

Eligibility for WEL is determined by our Rehab Team. Please approach any member of your Rehab Team to express interest. You will need to complete appropriate caregiver training, home assessment, and equipment prescription before you can return home for WEL.

When does WEL take place?

WEL is a planned experience typically occurring during the weekend or on the eve of a public holiday, before the expected discharge date.

How long can I stay at home during WEL?

Patients are encouraged to experience an overnight stay at home. Our hospital policy allows for a maximum duration of 4 days and 3 nights without compromising your rehab programme.

Where can I collect my daily medications and equipment?

Before leaving the hospital, patients will receive all the required medications. Any necessary equipment will be prescribed as needed.

Do I need to pay for WEL?

No additional charges apply. However, please note that daily in-hospital bed charges will still be applicable during WEL.

Does the hospital arrange transport for WEL?

TTSH does not arrange for transport. If you require ambulatory services, please consult the ward nurses for more information.

What should my family do if I fall sick or develop any complications at home?

If you experience any new physical or mental concerns (e.g. increased pain, fever, falls, weakness, new symptoms, etc.), please contact the ICH ward for immediate advice. You may be asked to return to the ward for a medical review and appropriate management.

In the event of a medical emergency (e.g. sudden loss of consciousness, seizures or cardio respiratory arrest), please call 995 and arrange for immediate transfer to the nearest A&E. Thereafter, kindly inform the Rehab Team of the situation.

Who is responsible for me while I am at home?

Before leaving the hospital, it is necessary to complete and sign an indemnity form. Both patient and their family/carer(s) share joint responsibility for the patient's wellbeing and safety.