

Rankin Family Cancer Rehab Program

MISSION

Hotel Dieu Shaver Health and Rehabilitation Centre is a community of holistic and compassionate care for all those who seek our service and those who serve. As a Roman Catholic facility, grounded in God's love, we provide the resources and care to enable people to reach their optimal level of health and wellbeing.

VISION

The Hotel Dieu Shaver Health and Rehabilitation Centre will be a Centre of Excellence in rehabilitation, complex continuing care and geriatric services and an employer of choice.



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Cancer Rehab Team

Program Components

- Aerobic exercises
- Strength activities
- Flexibility exercises
- Balance training
- Hydrotherapy
- Education

Treatment Team

- Kinesiologist
- Nurse
- Occupational Therapist
- Physiatrists
- Physiotherapist
- Rehabilitation Assistant

For more information or referrals:

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"Cancer Care Optimization in the Rehabilitation Environment"

This program is funded through the generous support of the community.

Comfort. Care. Hope.



"Hotel Dieu Shaver is an excellent rehab facility with a wide range of equipment and devices to aid in cancer rehabilitation, but it's the people that run this program that make it so remarkable." - Al, Rankin Family Cancer Rehab Patient

"After completing the six-week program, I came out of the Rankin Family Cancer Rehab Program so much stronger than when I started, with many tools to continue my rehabilitation on my own. I still have a long road ahead, but I am more confident and optimistic about my recovery." - John, Rankin Family Cancer Rehab Patient

Purpose

A specialized rehabilitation approach for patients diagnosed with cancer.

Goal of Program

To assist patients with improving:

- Strength
- Mobility
- Functional independence
- Endurance
- Emotional well-being

To facilitate transition to community programs

Program Format

- Individual tailored exercise program in a group setting
- 6 weeks (2 hours, 3x/ week)
- Maximum of 6 participants per group
- Group education sessions

Eligibility Criteria

- Confirmed cancer diagnosis
- Written medical referral
- Medically stable
- Potential to improve functionally
- Able to tolerate 2 hours of activity in a group setting
- Motivated & willing to participate
- Able to understand, follow instructions & learn (may attend with interpreter if needed)
- Able to manage own personal care (or have caregiver available to assist) while on site
- Living in a community setting, including rest/retirement homes
- Resident of Niagara Region with valid Ontario Health Card
- Able to arrange own transportation

A Physician's referral is required for admission to the Cancer Rehab Program

