

The Campaign for the new West Park



West Park
FOUNDATION

**get
your
life
back**





GIVING LIVES BACK

Take a deep breath. Walk around the block. Give your grandchild a hug. Make a pot of coffee.

If you can do these simple activities, you're fortunate. For people who have experienced severe illness or injury, the activities we take for granted can be big challenges. Life as they know it has changed. They can feel isolated, dependent, trapped. They must fight to get their lives back, mustering immense courage, spirit and determination. They deserve the best care and support on that difficult journey.

That's where West Park shines. A nationally recognized leader in rehabilitation and complex care, we work in partnership with our patients to help them recover, regain their independence, and re-discover their passion for life. We support them to get back to their lives and live to their fullest potential.

As the population ages and more people are living longer with chronic disease and disability, there is growing demand for West Park's services. To prepare for the future, we are creating an integrated campus of care, with a remarkable new hospital at its heart.

The *Get Your Life Back Campaign* will fuel this important project, by raising \$80 million toward the cost of the new hospital. The Campaign will bring hope and help to many who have experienced life-changing illness or injury. It will ensure that West Park is there for those who need our services, now and for many years into the future. It will help more people get their lives back.



WEST PARK:

SKILL, EXPERTISE AND COMPASSION

You sense the difference the moment you arrive on the West Park campus. Outside you're surrounded by the serenity of nature. Inside you're greeted by friendly faces. There's a warmth that even a first-time visitor can feel. This is West Park Healthcare Centre.

West Park began life as a "sanitarium" for the treatment of tuberculosis in the early 20th century. When antibiotics reduced the toll of tuberculosis in the 1950s, West Park found other ways to help, building on its expertise in respiratory illness and complex health conditions.

Today, West Park is a healthcare centre with deep expertise in rehabilitative medicine, surrounded by natural beauty. We empower patients with the skills, knowledge and confidence to lead productive and independent lives. We help them get their lives back and realize their potential.

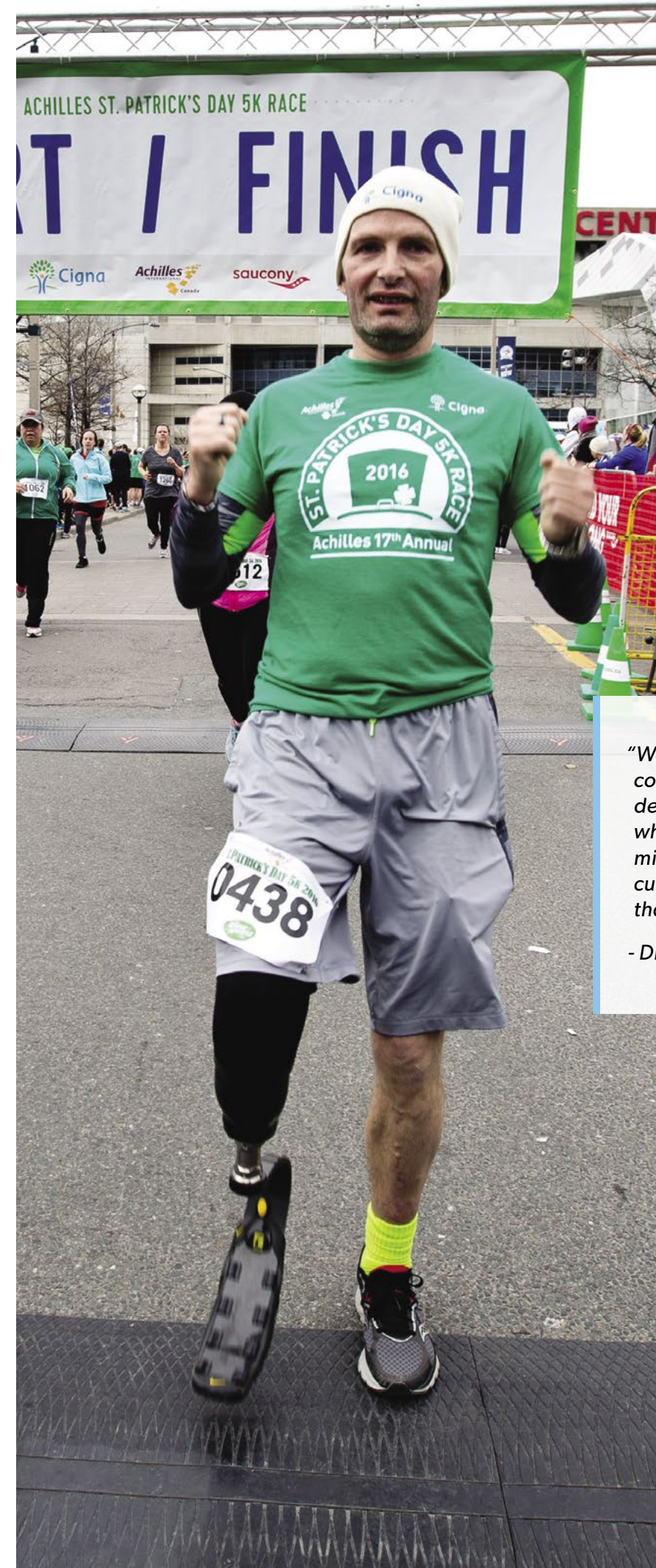
Among our renowned specialized programs:

- Amputee rehabilitation and advanced prosthetics and orthotics, to help people lead active, independent lives after the loss of a limb
- Multi-trauma musculoskeletal rehabilitation, to help people who have experienced severe physical trauma achieve maximum independence
- Respiratory rehabilitation, to help people with chronic lung disease breathe and better manage their health

- Spasticity management, to help people living with a painful side-effect of neurological conditions
- Complex tuberculosis care, to care for people with drug-resistance to the disease
- Long-term assisted ventilation, to support those who depend on mechanical ventilators for life.

Our staff work in collaborative interprofessional teams, combining specialized expertise and clinical skill with deep compassion and understanding. We shape care around the goals of our patients. No wonder our rehabilitation patient satisfaction scores are among the highest in the province!

In June 2018, the hospital was awarded "Accreditation with Exemplary Standing," the highest rating possible from Accreditation Canada. West Park has maintained its designation as a Best Practice Spotlight Organization with the Registered Nurses Association of Ontario for the past 12 years, recognition that the hospital is committed to evidence-based practice and implementation and evaluation of best practice guidelines.



Blade Runner

When a 10-tonne piece of equipment crushed machinist Patrick Doyle, the doctors didn't expect him to live. He survived but lost a leg. Three years later, he completed the New York City Marathon.

"I understood from the beginning that I'd had a bad accident and that was it," he says. "But when I got to West Park, they told me I could do a lot more than just survive."

He got help with cognitive issues caused by the brain injury he sustained and learned how to live with his prosthesis. When he mentioned he'd like to run again, a therapist arranged for him to get a running leg. Says Patrick: "Because of West Park, I'm getting back to where I want to be."

"West Park is a nurturing, comforting community made up of people who care deeply about our patients. The people who work here consider it part of their mission to sustain that essence. Our culture is an important part of the healing that helps people get their lives back."

- Dr. Nora Cullen, Chief of Staff

Fast Facts:

- 476 beds
- 62,384 outpatient visits
- 1,499 inpatient admissions
- 948 employees
- 50 physicians
- More than 200 volunteers

OUR ROLE IN THE HEALTHCARE SYSTEM

Acute care hospitals save lives. Using advanced medical knowledge and technology, they bring people affected by illness or injury back from the brink. But care doesn't end with lives saved.

At West Park we help people get their lives back. We work in partnership with our patients to help them recover, rehabilitate, regain their independence, and get back home, back to their families and back to doing what they love most.

We focus on the most complex rehabilitation challenges, providing a continuum of care that starts where acute care hospitals leave off. West Park acts as a bridge from and a buffer to acute care, helping people to return home safely after an acute hospital stay and maintain their health so they don't have to return to hospital. The result is better patient outcomes, and greater efficiency, effectiveness and sustainability for the health system.

- West Park is home to the largest inpatient amputee rehabilitation program in Canada, and the largest prosthetics lab in the province.
- We are one of the few facilities in Canada that provide amputees with the full continuum of care onsite, ensuring that they can receive their first prosthetic soon after surgery.
- We are the largest centre for pulmonary rehabilitation and inpatient tuberculosis care in the province.
- West Park is a leader in training physicians to better diagnose and treat people with spasticity.
- West Park is home to Ontario's Centre of Excellence for Long-Term Ventilation, helping those who rely on a machine for every breath to live as independently as possible.

"At its core, this project reflects the changing healthcare needs of our society. The population is aging and living longer with more chronic disease. As a specialized rehabilitation centre, we provide services that are focused on chronic disease management, improving quality of life, and helping patients get their lives back. The design of the new hospital is focused on creating a great patient and family experience during that journey."

- Anne-Marie Malek, CEO of West Park Healthcare Centre



Home Sweet Home

In 2017, Rashmi Sanjay, a 40-year-old mother of two, underwent a six-hour surgery to remove a tumor on her spinal cord that threatened to paralyze her. When she arrived at West Park, she couldn't walk. She had intense pain, and her pain medication caused terrifying hallucinations. Still, she was determined to get home to her family.

"The therapists were phenomenal," she says. "They didn't tell me what to do—they listened to how I was feeling and worked around that." She was buoyed by support from the entire West Park community—even the cleaning staff cheered her on!

Less than four weeks into her stay, Rashmi went home. "I couldn't have been happier!"

West Park has a strong focus on clinical research – the kind that improves care quickly, for our patients and for people everywhere. We also help train many students in medicine, occupational, physical and respiratory therapy, nursing, and other fields. A fiscally responsible organization, we are committed to continuous quality improvement.

The need for our services is expected to increase by 50% over the next two decades.

- 1.5 million Canadians are currently living with Chronic Obstructive Pulmonary Disease (COPD), and the number is growing.
- Every day, some 15 people in Ontario lose a limb. As the population ages, the number of amputations increases.
- More than 350,000 Canadians suffer from spasticity, and the number will increase as the number of stroke survivors and people living with neurological conditions grows.

West Park is preparing to grow, change and innovate to meet the challenges ahead.



BUILDING FOR THE FUTURE

West Park's vision is to be a world-class centre of rehabilitative care. We are well on our way. Our staff and physicians are knowledgeable, skilled, creative, and compassionate, always striving to find a better way. Our culture supports them to work in partnership with one another and with patients and families, focusing on patients' goals.

Now we are preparing to align the quality of our infrastructure with the excellence of our people. We are creating a bold new vision – an Integrated Campus of Care with a beautiful new hospital at its centre. "The new hospital design focuses on patients and families," says Shelley Ditty, Vice President

of Campus Development and Support Services. "It's about pulling the services to the patients, bringing related expertise together in one area, enhancing collaboration, and integrating research with clinical care. Ultimately it's about better outcomes for patients."

The design of the new hospital was informed by patients, families, staff, physicians and volunteers. It will have 20% more beds than the current facility, enabling us to handle the growing number of people who need our services, and will incorporate evidence-based features that will make the care experience better for patients and families.

"There are many new Canadian healthcare facilities, but none that will rival West Park in terms of beautiful outdoor space and the connection between inside and outside."

- Edward Applebaum,
Montgomery Sisam Architects Inc.

- The new hospital, at the heart of our 27-acre campus, will face the beautiful Humber Valley. It will be filled with natural light, with views of green space from every window to promote good mental and physical health for patients and families.
- It will be surrounded by beautiful gardens and outdoor, multi-use rehabilitation spaces, to help patients learn to navigate all types of terrain.
- It will cluster clinical services together and provide therapeutic gyms on each floor to make it easier for our patients to get to the care they need.
- It will bring clinicians and researchers together, so our patients benefit from the most up-to-date knowledge and techniques.
- Recognizing that patients stay in rehab hospitals for weeks or even months at a time, 80% of rooms will be private, with the remainder semi-private rooms.
- Each patient will have their own three piece washroom, making it more convenient and comfortable for our patients.
- Each unit will have a dining room, a quiet lounge space and more visiting space, making it more like home.
- The outpatient space will be expanded, and a geriatric day hospital and clinics will be added, so more patients can benefit from West Park's excellent care, and sleep in their own beds at night.
- The building will support advanced healthcare technology, so our patients get the safest and most effective care.
- The building will be designed to a minimum LEED silver standard, using advanced mechanical and electrical systems and LED lighting throughout.

The new hospital will be a place of light, compassion, hope and healing. It will support patients and families on their journey, and help staff provide the best possible care so patients can get back to their lives.



"The design celebrates West Park's extraordinary setting and provides views to the Humber Valley and River. The campus will be filled with opportunities for patients, families and staff to participate in physical activity outdoors. Research has shown that access to nature reduces length of stay and improves patient and family satisfaction – it's exciting to put that research into practice."

- Farah Rahman, Cannon Design



THE GET YOUR LIFE BACK CAMPAIGN

A world-class hospital, with world-class programs, needs the facilities to match. The *Get Your Life Back Campaign* will help transform the West Park campus, bringing the very best in rehabilitative care to Ontario with an eye to meeting the needs of patients for decades to come.

This ambitious, \$80 million capital campaign – the largest fundraising endeavor in the history of West Park– is part of the community’s “local share” contribution to help build and equip the new hospital, as required by the Ontario government.

The Campaign will ensure that the new hospital is a leading-edge facility, a match for the courage of our patients and the commitment of our staff. Phase 1 of the Campaign will raise \$50 million by 2023, the expected completion date of the facility. Over the next 30 years, the Foundation will provide an additional \$30 million in support to the new hospital.

It will take all of us, working together, to achieve our goal.

When you give to the *Get Your Life Back Campaign*, you will be helping to set a new standard in patient care.

You will advance research and education in fields that are growing in necessity as the population ages, including amputee rehabilitation, respiratory rehabilitation and spasticity management.

You will help keep people out of acute care, and in their own homes.

Most importantly, when you support the Campaign you will be helping people facing some of life’s most enormous health challenges to get back to their lives, their families and back to doing what they love most.

“Determined, hopeful, strong – those are three powerful words that sum up the spirit of West Park patients. It is the courage and commitment of patients and families that inspire our staff and physicians to go above and beyond. We believe that example will inspire donors too. After all, what better reason to give than to help someone get their life back?”

- Joanne Cole,
CEO of West Park Foundation.



“West Park has the technical excellence to help people with their medical issues. But the care and support are just as important. You hear story after story about the West Park experience giving patients the strength to do things they never thought they could do. For donors, West Park is a unique proposition. It’s an opportunity to invest in excellence, make a real difference in peoples’ lives, and leave a lasting legacy.”

- Ian Troop,
Chair of Get Your Life Back Campaign

BACK TO ACTIVE LIFE

Sometimes it happens in a moment: a car crash, an industrial accident. Sometimes it happens more slowly: a battle with cancer, diabetes, a rogue infection.

Whenever it happens, the loss of a limb is devastating, and the road back to life is long and arduous.

Every day, 15 people in Ontario lose a limb, with one-third of those under the age of 65. Today some 200,000 Canadians live with limb loss. That number is expected to climb as our population ages.

At West Park, we know what it takes to get your life back after amputation. We are the largest provider of inpatient amputee rehabilitation services in Canada, and one of the few adult hospitals with a full prosthetics and orthotics service on campus. Our programs get people out of wheelchairs and back to their lives as soon as possible.

West Park contributes to better care here and around the world through ground-breaking clinical research. We develop and test patient-centred interventions that improve the quality and accessibility of care and develop strategies to ensure that rehabilitation is grounded in evidence. Ultimately our goal is to optimize the quality of life for people living with limb loss.

The new hospital will support excellence in amputee rehabilitation and prosthetics and orthotics:

- By increasing the space in our manufacturing and technical areas so we can help more patients
- By providing expanded therapy space with specialized equipment to maximize the rehabilitation time available to patients
- By creating an outdoor therapy courtyard where patients can prepare for a range of real-world conditions, such as grass, gravel and other uneven surfaces
- By accommodating innovative new technologies such as 3D printing that will help to build better prostheses faster
- By adding more private consultation rooms, so patients can talk about their concerns and challenges privately
- By expanding the gait assessment area, so that more patients can be assessed more quickly.

At West Park, the loss of a limb is not the end of the story: it is just the beginning.

Body, Mind and Spirit

Two years ago, Therese Estacion developed a severe bacterial infection and wasn't expected to live. But she did, emerging from a seven-day coma only to face amputation of both legs and parts of both hands.

Therese admits her road back to life wasn't easy, but says West Park helped her rehabilitate in body, mind, and spirit. "I felt a real kinship with my team," she says. "Physically they helped me get stronger, adapt, and learn skills to become independent. Emotionally and spiritually they enabled me to pursue normalcy."

Today she is writing poetry, travelling, and looking forward to returning to her teaching career.

"My patients may have lost a limb, but they have not lost their desire to be physically active and regain a sense of independence. We work to help them achieve their goals, whether that's having the confidence to walk again, return to work, recreation or sport... even on the world stage."

—Dr. Steven Dilkas



BREATHING ACADEMY

Breathing – we do it without thinking about it. But people with Chronic Obstructive Pulmonary Disease (COPD) think about each breath they take.

COPD is an umbrella term that describes progressive lung diseases such as emphysema and chronic bronchitis. People with COPD experience shortness of breath, coughing, trouble sleeping, constant tiredness, and other symptoms that disrupt their lives. More than 1.5 million Canadians live with COPD, and the number is growing as our population ages. COPD costs the Ontario healthcare system more than \$3 billion per year.

There is no cure for COPD, and it gets worse over time. But pulmonary rehabilitation helps. It is the gold standard of care for managing COPD, a program of exercise, education, and support that helps patients learn to breathe and function at the highest level possible. It supports them to do more, enjoy life, and stay out of hospital.

West Park is a leader in the provision of pulmonary rehabilitation. We treat more in-patient COPD rehab cases than any other healthcare centre in the province and handle 80% of all pulmonary rehabilitation in Toronto. Our rehab team has made significant contributions to our knowledge of how to help

people with COPD get their lives back. Legendary broadcaster Peter Gzowski called West Park “The Breathing Academy.”

Sadly, studies show that less than 5% of Ontarians with COPD have access to rehabilitation. Yet the need is growing. The new hospital will enable West Park to treat more in-patients and expand our out-patient program and home ventilation support. The West Park team is also exploring community programming and telehealth, to share our expertise more widely. Thanks to West Park, more people will breathe easier.

“What makes our in-patient program unique? It’s a well-established, structured clinical program with components of teaching and clinical research. It’s physician-led but run in partnership with an experienced multi-disciplinary team. The program has been successful in helping patients increase their exercise capacity, mobility and health related quality of life, which greatly assists their reintegration into their communities. People come here because they’ve been struggling with their breathing, not moving much, not able to do the things they want to do. We help them get back on their feet.”

- Dr. Roger Goldstein

Miracle Place

“I used to be a vibrant, energetic and life-loving person. Before I came to West Park, I would say I would give almost anything to get even a little bit of that person back.”

That’s Kim Verwaayen, a 48-year-old university professor who was recently diagnosed with pulmonary fibrosis. She was tired all the time and had coughing fits so violent they left her incapacitated. She was struggling with work and isolating herself socially.

Kim joined the in-patient pulmonary rehab program and within weeks was seeing real progress. “For the first time I feel excited and hopeful,” she says. “I don’t have exactly the same life as before my illness, but I have the best life possible. West Park is a miracle place.”

PAIN RELEASE

Imagine this: your fist is tightly closed, and you can't release it. It hurts. You can't open a jar or pick up a pencil. Now imagine living with this condition for months or even years on end. Welcome to the world of spasticity.

Spasticity is the involuntary tightening of muscles caused by neurological conditions such as stroke, cerebral palsy, and multiple sclerosis. More than 350,000 Canadians experience spasticity, preventing them from doing many daily activities. Spasticity is often unrecognized and under-diagnosed, leading to complications that can get worse over time. As the number of stroke survivors and people living with neurological conditions increases, more patients will struggle with spasticity.

West Park is an innovator in the treatment of spasticity using botulinum toxin type A injections. Our clinic is one of the largest adult multi-disciplinary spasticity programs in the country. We work in partnership with patients to relieve spasticity, reduce pain, and improve mobility. The number of patients we treat has tripled in the past 10 years, and the need will continue to grow.

The clinic is also a locus for training doctors in spasticity management, and clinical research that results in better patient care. For example, research led by West Park into treating patients on blood thinners changed practice around the world. Our physicians travel throughout Canada and around the world to share their expertise and provide treatment.

The new hospital will significantly increase the space for the Spasticity Management Clinic, enabling us to help many more patients get their lives back. New technology will mean that even more people can be reached through telehealth. Research facilities will also expand, so that people here and across Canada can benefit from new knowledge. Outstanding learning facilities will ensure that more doctors understand spasticity and its treatment.

"We treat our patients holistically, with therapists, nurses and physicians all working as a team. Spasticity treatment makes a huge difference in the lives of people with neurological conditions, helping them gain mobility and function, and relieving their pain so they can lead full, independent lives."

- Dr. Chris Boulias



One of a Kind

When Alexandra Arnold-Oatley was 11 she was told she would live the rest of her life with the chronic pain of spasticity. By the time she was in university, she needed a scooter to get around.

Alexandra has cerebral palsy, a condition which often causes spasticity. Thanks to treatments at West Park's Spasticity Management Clinic, she is now living life to the fullest as a clinical psychology fellow and new mother.

"West Park is one of the most patient-centred facilities I've ever had the pleasure of being treated at," she says. "It is a one-of-a-kind treatment facility that offers specialized expertise, a multi-disciplinary approach, and so much compassion. It's a winning combination that has a real impact on patients."

JOIN US

Patrick. Rashmi. Therese. Kim. Alexandra. Just a few of the thousands of people who got their lives back at West Park Healthcare Centre.

It may not be exactly the life they had before they experienced serious illness or injury. It is a life that requires courage, determination, and the care and support of uniquely skilled people. A life of meaning and purpose. One that leads to independence and dignity. One that leads home. A life worth living.

It's a quiet miracle. You can be part of that miracle.

Your support for the new West Park hospital will ensure that we offer exceptional care and support to the growing number of people

who need our services. It will help create a healing environment surrounded by the therapeutic beauty of nature. It will ensure that patients benefit from the latest technologies and most current knowledge. It will help us play a critical role in the health system, reducing the burden of care while helping patients get their lives back.

Join us as we move forward with this exciting project.





West Park Foundation is accredited by Imagine Canada for excellence in nonprofit accountability, transparency and governance.



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