



Patient & Family Guide

2023

Geriatric Restorative Care Unit (3 East):

Veterans Memorial Building
(VMB), QEII



www.nshealth.ca

Geriatric Restorative Care Unit (3 East)

What is the Geriatric Restorative Care Program?

The Geriatric Restorative Care Program helps people age 65 and older:

- › become more independent.
- › do their daily activities.
- › improve their quality of life after a hospital stay.

What can I expect?

- Your Restorative Care team will work with you to do different kinds of therapy. You may do:
 - › Physiotherapy: therapy that helps with movement and building strength
 - › Occupational therapy: therapy that helps you do daily activities
- You can do things outside of therapy to help you reach your goals, like:
 - › Getting dressed
 - › Sitting up for meals
 - › Walking to the bathroom
 - › Taking part in recreation and leisure (like doing puzzles, making crafts)

- Your support person(s) can help you with your therapy. This can help them learn more about the best ways to support you. Ask your Restorative Care team for more information.
- Your feedback is valuable. It is an important part of helping you and your team set your goals.
- If you or your support person(s) have concerns about your care, please talk to a Restorative Care team member or call:
 - › 902-473-6219

How often will I have therapy?

- You will have regular therapy sessions on weekdays (Monday to Friday).
- We will encourage you to become more active and independent during your stay.

**What are your questions?
Please ask. We are here to help you.**

Your Restorative Care team

- You and your support person(s) may work with these team members during your stay:
 - › Continuing Care Coordinator (helps arrange for services you may need when you go home)
 - › Doctor
 - › Nursing staff
 - › Occupational therapist and occupational therapy assistants
 - › Physiotherapist and physiotherapy assistants
 - › Recreation therapist
 - › Social worker

What should I bring with me to the unit?

- Wear comfortable clothes you would normally wear at home.
- You should bring:
 - › 3 or 4 changes of clothes
 - › Sturdy, non-skid shoes (like sneakers)
 - › Pyjamas
 - › Hearing aids and dentures (if you have them)
 - › Personal care items (comb or hairbrush, toothbrush, and toothpaste)

- **Please do not bring scented products (like scented deodorant, hairspray, perfume, or powders).** Nova Scotia Health is scent-free.
- Leave all valuables (like jewelry, money, credit cards, cheque books) at home. The hospital is not responsible for the loss of any item.

How long will I stay on the unit?

- How long you stay on the unit will depend on how fast you meet your goals.
- Early in your stay, your Restorative Care team will work with you to try and set a discharge date. This will help you plan and meet your goals. Depending on your progress, this date may change on short notice.

What can I do to get ready for my discharge?

- You will get a discharge checklist.
- Read the checklist early in your stay so you have enough time to plan for your discharge.
- Ask a member of your Restorative Care team if you have questions or need help planning for your discharge.

- Share any questions or concerns with your Restorative Care team as soon as you can. This will help you and your Restorative Care team to get ready for discharge.

What if I need help at home?

- You may find that using equipment (like a cane, walker, commode, or shower chair) helps you do your daily activities safely and more easily.
- You may also need to have home care. This is when health care providers and/or other support workers come to your home to help with medical care, personal care, or other tasks.
- Your Restorative Care team will work with you to see if having equipment and/or home care after your discharge is right for you. They can help you get the equipment and/or care you will need.
- Please talk with a Restorative Care team member if you have any questions about needing help at home.

Meals

- Meals are served at meal times.
- You will be given meals based on your dietary needs.

Leisure

- The common room is open 24/7. There is a couch, lift chair, tables, and chairs. It has:
 - › A kitchenette (small kitchen area)
 - › A TV (for watching DVDs)
 - › A DVD player (we have DVDs, but you may also bring your own)
 - › Puzzles
 - › Books
 - › A piano
- There is free Wi-Fi that you can use on your own device. It is accessible throughout the unit.

Infection control

- Washing your hands well with soap and water or an alcohol-based hand rub is the best way to prevent infections.
- Wash your hands often.
- **Always wash your hands:**
 - › after using the washroom.
 - › after touching objects or surfaces in your room.
 - › before eating.

Additional precautions

- Sometimes the hospital needs to use additional precautions (extra steps) to stop germs from spreading from one patient to another.
- Staff, visitors, and patients may need to wear PPE (personal protective equipment), like gloves, gowns, and masks.
- You and your support person(s) may notice signs in the hospital listing the extra steps that are being taken and why. **Please follow any instructions on these signs.**
- Ask a staff member if you have any questions about these precautions.

- At times, visiting may be restricted. This is done for the health and safety of patients, visitors, and staff.
- **Please do not visit the hospital if you are sick.**

Smoking

- Nova Scotia Health is smoke-free and vape-free.

Extra services

- Some extra services are available at a cost. Please ask your Restorative Care team for more information about:
 - › Foot care
 - › Parking discounts
 - › TV services

Phone service

- Phone rentals for your room are available at a cost. You can use your cell phone on the unit.
- **If you rented a phone on another unit in the hospital before coming to 3 East, you must call the previous unit to have the phone disconnected.**

Contact

Geriatric Restorative Care Unit (3 East):

› Phone: 902-473-6219

Switchboard:

› Phone: 902-473-1510

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Notes:

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>
Contact your local public library for books, videos, magazines, and other resources.
For more information, go to <http://library.novascotia.ca>
Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>
Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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*Prepared by: Geriatric Restorative Care Unit 3 East, VMB, QEII
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The information in this pamphlet is to be updated every 3 years or as needed.