What is Geriatric Restorative Care?
The goal of the Restorative Care Program is to help seniors return home after a hospital stay. Staff will work with you to improve your ability to do your usual daily activities.

What can I expect?
The goal of the program is to encourage as much safe independence as possible. Goals are different for each person. They focus on helping you regain your ability to manage your daily activities. Staff will work with you to help you reach your goals so you can return to your daily routine.

If you have any questions, please ask.
We are here to help you.
Who will help me?
The following team members will work with you and your family to help in your recovery:

- Geriatrician
- Family Doctor
- Nursing Staff
- Nurse Practitioner
- Recreation Therapist
- Occupational Therapist
- Dietitian
- Social Worker
- Continuing Care Coordinator
- Physiotherapist
- Pharmacist

*A geriatrician is a medical doctor who specializes in the care of older adults.*
How often will I receive therapy?
You will have regular weekday therapy sessions. You will also be able to take part in recreation therapy programs. We will encourage you to increase your activity level and independence. All daily activities are part of your therapy.

How long will I stay on the unit?
Your length of stay depends on your progress. We will set a discharge date early in your stay. This date may change depending on your progress. Sometimes patients progress quickly, reach their goals, and are discharged home early.

How can I get help at home?
The Continuing Care Coordinator and Social Worker on the unit will meet with you to talk about resources and supports available to help you at home.

What if I need equipment at home?
The Physiotherapist and Occupational Therapist will work with you to identify equipment needs you may have, such as a walker or a bathroom aid.
What should I bring with me?

Clothing
You will be encouraged to wear your usual clothes on the unit. We recommend bringing 3 or 4 changes of clothing, shoes, and sleepwear.

Personal items
We encourage you to bring a comb, toothbrush, and any other toiletries you normally use. Please do not bring scented products such as scented deodorant, hairspray, perfume, or powders.

If you have a hearing aid(s) or dentures, we recommend you bring these as well.

Valuables
We are not responsible for your personal belongings on the unit. Please leave valuables at home and carry only a small amount of cash.
General info

Meals
Meals are served in your room or in the common room. As you are able to do more on your own, you will be encouraged to go to the common room for meals.

Leisure
In the common room, you will find a kitchenette, TV, DVD player, puzzles, books, piano, and computer with free Wi-Fi access for patient use.

Smoking
Smoking is not allowed in the hospital or on hospital grounds.

Telephones
Personal cell phones may be used on the unit. Telephone rentals for your room are available at a cost. Please note, if you rented a telephone on another unit of the hospital before coming to Restorative Care, you will need to call that unit to have the number disconnected.

Hairdresser
There is a hairdresser who will come to the unit if requested, but appointments are usually held in the Abbie J. Lane Building. The hairdresser can be reached at 902-473-2432. Ask about arranging an appointment with the hairdresser at the nursing desk.