

## Meals

- Breakfast is served in your room. Lunch and supper are served in the dining room.
- There is a shared fridge in the dining room. Make sure all food is labelled with your name.

## Laundry

- There is a washer and a dryer on the unit for patients.

## Wi-Fi

- The hospital has a free public Wi-Fi service.

## TV service

- To order TV service, call (toll-free) 1-866-223-3686.
- You can pay with Visa® or Mastercard®.

Dr. Arthur H. Patterson Centre  
for Restorative Care  
Fishermen's Memorial Hospital  
14 High Street  
Lunenburg, NS B0J 2C0  
› Phone: 902-634-7305

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by:* Dr. Arthur H. Patterson Centre for Restorative Care, Fishermen's Memorial Hospital  
*Designed and Managed by:* Library Services

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2023

# Dr. Arthur H. Patterson Centre for Restorative Care

## Fishermen's Memorial Hospital

We work with patients and their support persons after injury, illness, or surgery. We support you with your return to daily living so you can be as independent as possible. People usually stay at the Centre for 2 to 8 weeks.

### **Do I need a referral?**

- **Yes.** You will need to be referred by a doctor or a nurse practitioner. Your health care team will work together to fill out the referral form.
- The referral helps us decide if you are eligible and ready for admission to the Restorative Care Unit.

### **Who are the members of my health care team?**

- You and your support persons are the most important members of your team.
- Other members may include:
  - › Doctor
  - › Nurses, including Registered Nurses and Licensed Practical Nurses

- › Continuing Care Assistants
  - › Physiotherapist
  - › Social Worker
  - › Care Coordinator
  - › Rehabilitation Assistant
  - › Pharmacist
  - › Occupational Therapist
  - › Dietitian
  - › Speech Language Pathologist
  - › Recreation Therapist
  - › Health Support Aid
- While on the unit, you will:
    - › meet with team members to assess your needs and goals.
    - › exercise each day from Monday to Friday.
    - › follow the team's safety recommendations.
    - › take part in daily living activities (like bathing, getting dressed).
    - › take part in recreational activities (like music, social activities, games).

- Staff on the unit may help you, as needed, with:
  - › Home assessment
  - › Kitchen assessment
  - › Weekend passes
  - › Discharge planning
  - › Equipment referrals
  - › Home care
  - › Referrals to community supports (like physiotherapy, occupational therapy, the Seniors Community Health Team, or mental health services)

### **What should I bring with me?**

- › Sleepwear and casual clothes
- › Footwear with non-skid soles
- › Personal care items (like toothpaste, body wash)
- › Any aids, if needed (like dentures, hearing aids, eyeglasses, a walker, a wheelchair, dressing aids, a water bottle, or a CPAP or BiPAP machine)
- **The hospital is not responsible for the loss of any item.**