WHEN YOU LEAVE THE HOSPITAL

CIUSSS DE L'ESTRIE - CHUS

Various tools and information in the **Approche Adaptée à la Personne Âgée (AAPA)** are available to you in your care unit.



BE PHYSICALLY AND MENTALLY ACTIVE



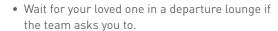
**EAT WELL** 



TAKE CARE
OF YOURSELF
(PSYCHOSOCIAL
NEEDS)







 Make sure you have your health insurance card, hospital card, personal belongings, and departure prescriptions.

### **AVAILABLE RESOURCES**



Non-urgent health problem:

Info-santé at 811, option 1; your family doctor; or a walk-in clinic. Avoid going to the emergency room.

Urgent health problem:
Call 911 or the emergency room.

Concerns and Worries:
Info-social at 811, option 2, or your CLSC.

To find out about the services and resources available near you, visit **santeestrie.qc.ca**.

If you need to make an appointment for a specimen collection, please do so at clicsante.ca. In case of difficulty, call 819-565-4845 or 1-833-255-1995.

#### Revision and Lavout

Service des communications et des relations médias Direction générale

February 2024

4-6-11950

santeestrie.qc.ca

Centre intégré universitaire de santé et de services sociaux de l'Estrie e Centre hospitalier universitaire de Sherbrooke

Québec 🛣 🛣



# MAKING THE MOST

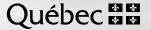
OF YOUR HOSPITAL STAY

AND **PLANNING** YOUR

RETURN HOME

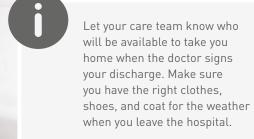
We'll help you get back on your feet and back to the comfort of your own home as soon as possible.

When you arrive at the hospital, let's talk about your return home.



# YOUR INVOLVEMENT AND COLLABORATION WITH OUR STAFF ARE ESSENTIAL

ITEMS TO SHARE WITH THE CARE TEAM	EXAMPLES
Information on your state of health	Allergies, medications, natural health products, etc.
The help and care you need at home	Meal preparation, shopping, laundry, hygiene care, nursing care, rehabilitation equipment, etc.
Let us know who will help you when you leave the hospital and are back home	Spouse, children, friends, volunteers, community services, etc.



# FEES FOR PRIVATE OR SEMI-PRIVATE ROOMS DURING YOUR STAY

When your state of health requires daily medical care by a medical team, the health insurance plan (RAMQ) covers the cost of hospitalization in a regular room with three or four beds. In this case, no fee will be charged.

Fees do apply, however, **if you opt for a private or semi-private room**. If you want to opt for a private or semi-private room, promptly notify the unit's administrative staff and check with your private insurer or the hospital's accounting office.

# Home is often a better option!

This allows you to fully determine your current capabilities as well as maintain your routines and comfort. As soon as you arrive at the hospital, we'll work with you to plan your return home and quickly set up the home-support services you need.





You no longer need hospital care and your doctor has authorized your discharge?

# THERE ARE THE TWO POSSIBLE



# A return is possible

This is always the preferred option. Our teams will work with you to set up the required home services, if necessary. If your situation requires a new living environment, you'll go back home on a temporary basis. The team will finalize your assessment and determine the most appropriate living environment. You'll move in when a space becomes available.



# A return home is not possible

Your needs will be assessed at the hospital. Standardized accommodation charges apply from the time you are discharged until you leave the hospital. Your transfer to the appropriate living environment will be organized quickly, usually within 48 hours.