

MAINTAINING YOUR CAPABILITIES DURING THE CARE EPISODE

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)



Scan this QR code for more information

WHEN YOU LEAVE THE HOSPITAL

- Wait for your loved one in a departure lounge if the team asks you to.
- 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.

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santeestrie.qc.ca

Centre intégré
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hospitalier universitaire
de Sherbrooke

Québec

CIUSSS DE L'ESTRIE - CHUS



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.

Québec

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.



Let your care team know who will be available to take you home when the doctor signs your discharge. Make sure you have the right clothes, shoes, and coat for the weather when you leave the hospital.

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.



ACCOMMODATION EXPENSES WHEN THE DOCTOR HAS AUTHORIZED YOUR DISCHARGE



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.