

Here are a few simple ways you can integrate the tips into your routine during your hospital stay:

- Sit in an armchair at every mealtime.
- Get dressed and participate in a routine just like you do at home.
- Walk for 5 minutes twice a day.
- Play cards (or other games) with visitors.
- Eat the main course at each meal.
- _____
- _____
- _____
- _____

Family and relatives: How can I help?

- Respect resting periods.
- Remind your loved one that he is in the hospital and of the reasons for his hospitalization.
- Remind him of the current time of day: hour, day, date, and season.
- Remind your loved one of the goals in place to allow him to return to their home environment.
- Appoint a relative to be responsible of collecting informations from the hospital staff. This person will transmit the information to others relatives.
- Evaluate the appropriateness of bringing in the technical aid used at home with the rehabilitation team.

Do you want to be involved during your loved one's hospital stay?

Contact the interdisciplinary team. They will explore with you the contributions you can make regarding on your interests and abilities.

YOU ARE HOSPITALIZED AND AGED 75 YEARS OR OLDER

Your recovery does not depend solely on the caregiving staff.

You and your loved ones also have a role to play.

The following informations will guide your stay in the hospital.

First, validate with the health-care team what your health condition allows.

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The specialized approach to senior care team (AAPA)

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TIPS TO FACILITATE YOUR RECOVERY

1 Staying in bed is your worst enemy. Get moving!

- Do exercises in bed or in a chair to stay active.
- Sit in your armchair at least three times a day at mealtimes.
- Walk to the bathroom. When you have visitors, walk with them in the hallway.
- Do everything you are capable of: Wash yourself, shave, brush your teeth, get dressed, get up, go to the bathroom, etc.
- Check with the rehabilitation team to see what exercises you can do on your own or with the help of a relative.
- Notify the nurse if pain prevents you from moving.

2 Get enough food and drink.

- Take your medications with a full glass of water (if you have no liquid restriction).
- Ask a loved one to bring your favourite snacks (notify hospital staff). You need to eat to build up your strength.
- Wear your dentures if applicable.

Prevent constipation

- 3 (3 or more days without bowel movements)
- Eat, drink, and get moving.
- Speak to your nurse if you feel constipated.
- Limit the use of the bedpan and of incontinence pads if you can, and rather walk to the bathroom.

Family and relatives: How can I help?

The presence of family and friends is important and reassuring. Normally, two non-patient visitors per person are allowed.

Wash your hands before entering and when leaving the room.

- Bring your loved one the items needed for their daily routine: clothing, hygiene products, non-slip shoes or slippers, hearing aids, etc.
- Bring your lunch and eat with your loved one.
- When you arrive and before you leave, encourage your loved one to drink water.
- Encourage your loved one to move as much as possible, even when they are in bed. Encourage their efforts and point out their progress.
- Walk down the hallway with your loved one if he has sufficient balance and endurance (consult the nurse or rehabilitation specialist).

4 Get some sleep

- Inform us of your sleep habits (e.g.: bed against the wall, music, herbal teas, etc.).
- Wear ear plugs if your condition allows it.
- Avoid long naps during the day. Sit up as much as possible and keep the curtains open. Do not go to bed too early at night.

5 Prevent disorientation and confusion

- Keep your mind active throughout the day. You can read, do crossword puzzles, or play cards depending on your interests.
- Wear your glasses and hearing aids, if applicable.
- Bring pictures of your loved ones, your music, or familiar objects (we are not responsible for lost objects).

6 Plan your discharge

- Start planning who will pick up your medication at the pharmacy and who will stay with you upon your return home.
- Notify staff immediately if you have stairs to climb at home and if you think your bathroom or bedroom will need to be adapted.
- Inform the staff of the services you already receive at home (CLSC, domestic help, Meals on Wheels, etc.).