



Patient Education

Welcome to Restorative Care for Stroke

**St. Peter's Hospital
2 West**

Table of Contents

	Page
What is Restorative Care?	1
What do I bring?	1
What can I expect in Restorative Care?	2
As you progress in Restorative Care	3
Talking with your team members	4
Getting ready to leave the hospital.....	4
What if I have questions or concerns?	5
Other information	6

What is Restorative Care?

Restorative Care at St. Peter's Hospital provides follow-up stroke care that began on 7 South at the Hamilton General Hospital. The goal of Restorative Care is aimed at restoring function after a stroke in order to return you to daily life at home.

Restorative Care includes 10 beds for stroke care within a 34 bed unit, called 2 West. Your stay in Restorative Care is about 90 days.

What do I bring?

Each day you will get up and dress in your regular clothes. Wear loose fitting clothing, such as track pants, and wear supportive and comfortable shoes that you will be able to exercise in.

Also bring:

- ✓ at least 3 outfits of loose fitting clothing, such as track pants, t-shirts and sweaters
- ✓ running shoes and socks
- ✓ personal items, such as toothpaste and toothbrush, shampoo, comb or hairbrush, soap, shaving equipment or cosmetics
- ✓ hearing aid, glasses or dentures
- ✓ special devices you may use, such as a walker or brace

You will be given a locker to keep your supplies in.
Please do not bring more items than will fit in this locker.

Do **not** bring valuables, jewellery or large amounts of cash.

What can I expect in Restorative Care?

A Registered Nurse is assigned as a Case Manager to coordinate your care needs and manage nursing issues. The Case Manager is the person to speak with if any issues or concerns arise on a day-to-day basis. You are also assigned a Social Worker, Occupational Therapist and Physiotherapist. Registered Practical Nurses will provide your medication, treatments and daily care. We also have Speech Language Pathologists, Dietitians, Clinical Nurse Specialists and Chaplains that can be consulted as needed. Therapeutic Recreation group activities are available to you as well. Please refer to the list of your team members provided to you while on 7 South for more information about their roles in your care.

Your Case Manager or delegate will welcome you, tell you about the program, provide you with a list of the health care team members you will meet and answer any of your questions. Nurses and other members of the team will introduce themselves and start to assess your health status and what you can safely do for yourself.

The Medical Doctor reviews your health and medical issues on a weekly basis and responds to other urgent issues during the week. There is medical coverage on-call 24 hours a day so a doctor can be reached if an emergency arises.

As you progress in Restorative Care

It is expected that you will work actively with the health care team to improve function in activities you need to do everyday such as moving about, eating, dressing, toileting and bathing.

Strength and endurance are important goals and Restorative Care may require you do more for yourself than you did in acute care. It is important to practice the skills you learn in therapy in your daily activities with the nursing staff. You will be encouraged to do as much for yourself as you are safely able to do.

We may invite family members or other visitors to take part in therapy sessions in the gym. However, due to limited space and privacy issues, we may limit the number of visitors at one time. Please make arrangements with your therapists(s) ahead of time.

Talking with your team members

A meeting with your health care team will take place within one month after you move to St. Peter's Hospital. Your family members or other people important to you will also be invited to attend. This meeting gives you a chance to take part in setting goals and decisions related to your care. Plans for your discharge are reviewed at this meeting. Your progress and readiness for discharge are then reviewed weekly by the team.

You or your family can request meetings with various members of the health care team as needed. Phone extensions have been provided so that you or your family can leave messages and speak with health team members.

Getting ready to leave the hospital

To help prepare for discharge, some patients may go on a doctor-approved Therapeutic Leave of Absence (TLA).

Please note that TLA's are limited to a maximum of 72 hours.

Please ask to see a copy "What you need to know about TLA's" for more information.

Since your stay is limited to 90 days, it is important that you and your family actively participate in the discharge planning process from the beginning. As you move toward the completion of your rehabilitation goals and no longer require an inpatient program, a final discharge planning meeting will be arranged with:

- you and your family members
- the health care team
- the Community Care Access Centre (CCAC)
Case Manager (if needed).

Your discharge date, location and discharge care needs will be confirmed at this meeting. The team will link you to resources to support your return to the community.

What if I have questions or concerns?

Please speak to the Case Manager or any member of the team about issues or concerns as they arise. The Clinical Manager (ext. 12261) will help you with any problems that cannot be resolved with the team. You may also contact Patient Relations at ext. 75240.

Other information about Restorative Care – 2 West

**Restorative Care – 2 West can be contacted at ext. 12253
or ext. 12258**

Co-payment

St. Peter's is a complex care hospital. All individuals who are admitted are assessed for co-payment – a monthly fee for accommodation and meals. The maximum co-payment rate is set by the Ontario Ministry of Health and Long Term Care.

The co-payment rate is determined by the patient's monthly income, the number of their dependents, or financial hardship for a spouse living in the community who is deemed not to be a dependent. Patients will not be declined from service based on inability to pay the co-payment.

Visiting hours

Visiting hours are between 11:00 a.m. and 8:00 p.m.

Laundry

Laundry services are available to patients. Please complete a laundry request form in the Business Office located on the main floor of the hospital.

Telephone

Telephone service can be arranged through the Business Office. Please complete a request form in the Business Office located on the main floor of the hospital.

Parking

There is a parking lot at the back of the hospital. You can only use toonies and loonies as payment in the machine or you can purchase a parking permit through the Business Office.