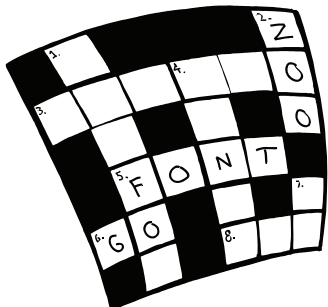


Staying Active in the Hospital

- Be as active as you can while you are here. Check with your nurse before you start any activity.
- Do as much for yourself as you can such as brush your hair, brush your teeth and wash your face.
- Get out of bed for all meals.
- Walk around your room.
- Get up to the bathroom.
- Keep your mind active. Do activities you enjoy such as reading, filling out crosswords puzzles or looking at magazines.



Questions or Notes:



Your Care Team Contacts:

St. Joseph's
Healthcare  Hamilton

Phone: 905-522-1155
www.stjoes.ca

Planning for going home after a hospital stay



St. Joseph's
Healthcare  Hamilton

We are here to help

From the day you arrive at the hospital, members of your health care team will begin planning the type of help you need to be able to go home.



Some of the things the team can do are:

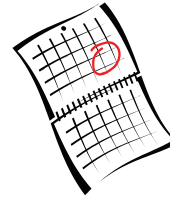
- give you and your family information, help or advice to help you manage at home
- arrange any equipment you need for going home
- arrange for support services in your community

There are many types of support services in the community. The type of services you can use depends on your needs. We try to match your needs with the services offered where you live.

Your Community Care Access Centre (CCAC) can also help link you with and resources in your community. In the hospital, please call extension (33528 or 33706) or call (1-800- 810-0000).

Getting ready for discharge

You will be given an expected date for discharge when the team feels you are ready.



Discharge time before 11:00 am.

- Tell your nurse the type of transportation you have arranged or need to have arranged to go home.
- Have proper clothing and footwear to go home.
- Have a key to your home.
- Arrange to have food at home.
- Make sure you know about any new medications you are taking. Have a plan to have new prescriptions filled. Ask to talk to a hospital pharmacist before you leave if you have questions.
- Know the date and time for any follow-up appointments.

Supporting you and your family

We understand that your hospital stay can be stressful and we need to support you.

If you feel you need more information about your condition you can ask to meet with any member of the health care team.

When returning to your home after your hospital stay you may need short or long-term supports to help you remain living safely at home.

One of the options for private homecare services is St. Joseph's Home Care. Please contact our homecare division at 905-522-6887, if you have concerns about:

- **your safety at home**
- **your ability to look after yourself, including homemaking and meal preparation**
- **moving safely around your home and neighbourhood**
- **any other concerns**

A social worker will talk to you about your other options.