



The right care in the right place

An environment tailored to your needs

WHAT YOU NEED TO KNOW

Getting you back home
is a goal we all share.

Health and autonomy

When you are admitted to hospital or a short-term rehabilitation centre for a health problem, the care team provides care and services to help you maintain or regain your health and autonomy.



Did you know?

There are certain drawbacks to being in the hospital, such as lack of sleep, a higher risk of infection, challenges associated with prolonged bed rest, and other potential inconveniences.

Numbers that speak for themselves



As we age, we lose muscle strength faster.

Staying in bed for long periods, as often happens in hospital, can lead to weakness. To maintain or regain as much autonomy as possible, it is important to stay active to the best of your abilities.

For example, take every opportunity to:

- Get up and walk for a few minutes;
- Sit up while eating your meals;
- Take care of your own personal hygiene as much as possible.

If you have trouble standing or walking, do not hesitate to ask a loved one or a staff member for help.



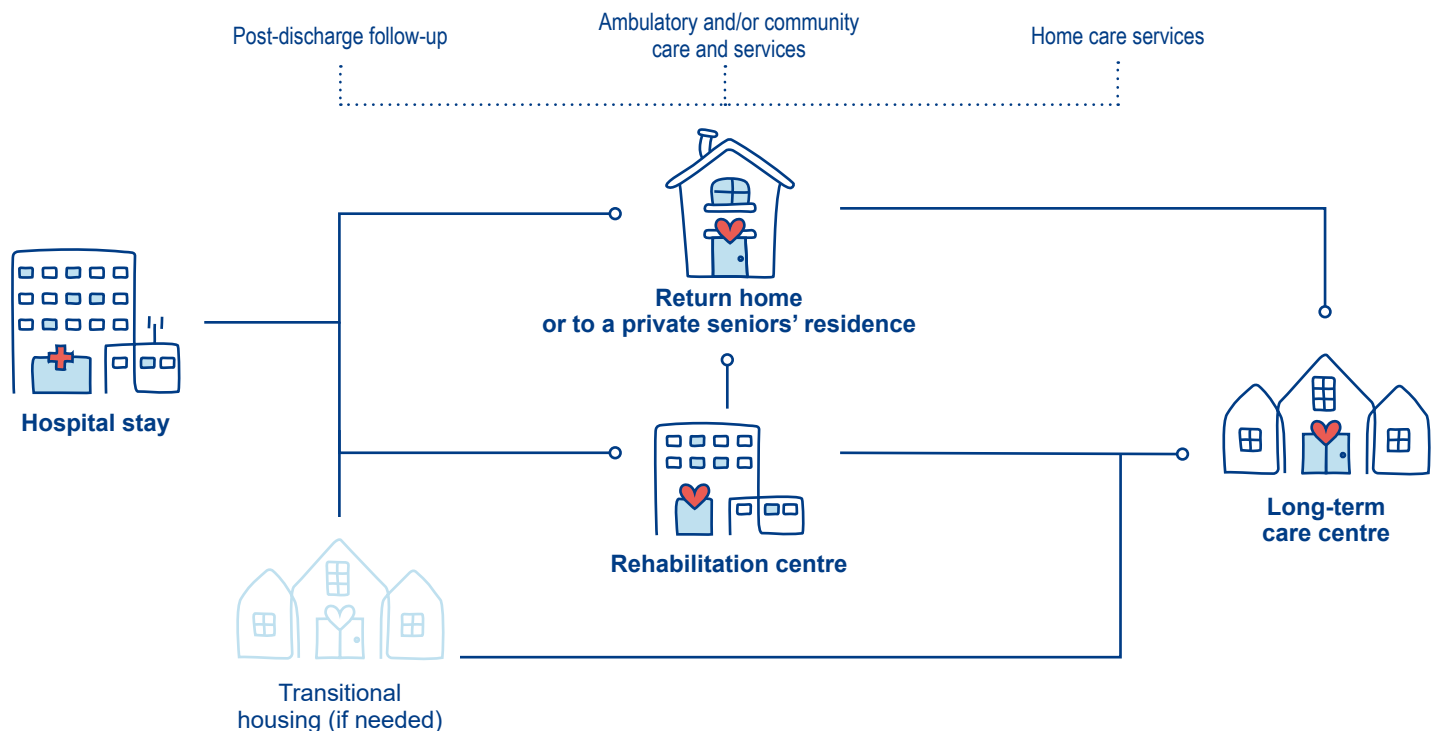
Important

Once you are discharged,
it is best for your health
if you leave the hospital
as soon as possible.

After you leave the hospital

Based on your needs and the care team's recommendations, the options can include:

- Continuing with rehabilitation;
- Receiving home care or community support services;
- Moving to a different living environment.



Return home

Support and follow-up

The care team can inform you about the different support options available to you. Based on their assessments, your caseworkers will refer you to the appropriate resources. At home (and private seniors' residences), you may receive care and services tailored to your specific needs. The care team can also discuss post-discharge follow-up options with you.

There are also many community organizations and partners that provide support services, such as housekeeping, meals-on-wheels, and helplines. Do not hesitate to ask the staff how to access these services.

Rehabilitation centre

Post-acute care settings help you regain maximum physical or psychological function so you can return to your original living environment as quickly as possible.

There are three options:

- Intensive functional rehabilitation unit (IFRU)
- Functional rehabilitation transition unit (FRTU)
- Assessment-intervention-referral program (AIRP)

Long-term care centre

You may need a living environment adapted to your condition, such as a **long-term care centre (CHSLD)**, **senior and alternative housing (SAH)**, an **intermediate resource (IR)**, or a **family-type resource (FTR)**.

Leaving your living environment to move to a long-term care centre is a major—and sometimes difficult—life transition. You can request the brochure *Préparation en vue d'une admission en hébergement de longue durée* for more information.

Transitional housing

Some residences can have long wait times. If no spot is available at your preferred residence, you will be offered transitional housing that corresponds to your needs. You will stay there until a spot becomes available at one of your chosen residences. You may also choose to stay, if you prefer.



The hospital and CLSC home care teams are here to guide you and provide all the information you need to make an informed decision.