

Finding the balance between safety and quality of life

Discussing your return to your living environment together with your care team and loved ones.

Why talk about the risks?

When you leave the hospital, the shared goal is for you to return to your living environment, when possible.

This return may involve some risks, as with any situation in everyday life.

There's no such thing as zero risk, even in care settings. For example, a fall can still happen in hospital or in a long-term care facility.

The goal is not to eliminate all risks, but to identify them, talk about them, and manage them together.

Taking “supported” risks

Thoughtful and supported risk-taking can have positive effects on:

- your independence
- your physical fitness
- your quality of life
- your sense of freedom and dignity

Examples:

- Getting up and walking for a few minutes.
- Doing your own personal care with support.
- Resuming some activities that are meaningful to you.



Avoiding all risks can lead to more negative consequences (loss of strength, loss of independence, isolation).

Learning to live with risks

Finding the balance between safety and quality of life means:

- making informed and shared decisions
- respecting your values, priorities, and abilities
- adjusting support measures as needed

You're not alone. The care team is here to support you as you think through these decisions.

Take a few minutes to think about your concerns to help prepare for a discussion with your care team. Together, we'll look for the best option for you.

User section

Name of the hospitalized user:

My concerns about risks after I leave the hospital (e.g., falls, taking medication, getting around, loneliness, managing symptoms)

Family and loved ones section

Name of family member/loved one:

Relationship to the hospitalized user:
(e.g., spouse/partner, son, caregiver)

My concerns about risks after my loved one leaves the hospital (e.g., falls, taking medication, getting around, loneliness, managing symptoms)

- ☐ These concerns are shared by other family members/loved ones.
- ☐ Other family members/loved ones have different concerns or points of view.
If yes, what are they? (as needed):



QUESTIONS?

Follow-up after your hospital stay

After you are discharged from Hôpital Anna-Laberge, **support is available for 30 days.**

Post-hospitalization follow-up telephone line -
Available 7 days a week, 24 hours a day -
1-844-928-9312

If needed, you can speak with a nurse to ask questions, get advice or be directed to the appropriate resources.

If necessary, leave a message and you'll receive a call back shortly.



Notes

Document inspired by: *Vivre avec les risques: une démarche d'aide à la décision* (January 2024), Équipe de recherche Vivre avec les risques, Université de Sherbrooke and the brochure *Le bon endroit pour recevoir les bons soins – Retour à la maison*, Santé Québec Montérégie-Ouest (May 2025).

