

### ***You and Your Family***

Although the team supports you; it is important that you do as much as possible for yourself during your stay at Restorative Care. Your team will meet with you weekly in a “huddle” so that everyone can stay on track for your planned return home.

We ask that you be up and dressed in your own clothes during the day. If you are able, you are expected to do your own daily activities such as bathing and dressing and eating your meals in the dining room.

Your family is an important part of your restorative care team. We encourage families to participate.

It is important that you attend all your therapy sessions and think “restorative care opportunities are everywhere and always.”

### **General Guidelines**

#### ***Meals***

There will be a dining room service on the unit. All meals will be served in the dining room.

#### ***Personal Items***

You need a comb, toothbrush, toothpaste, and other toiletries. Please do not use scented products.

### ***Clothes***

We ask that you wear regular clothes. Your clothing should be comfortable and easy to put on. Comfortable and supportive footwear (i.e. sneakers or walking shoes) is very important.

### ***Laundry***

Laundry services will be available as needed. We will label your clothes.

### **Contact Us**

Restorative Care Program  
Corner Brook Long Term Care Home  
40 University Drive, Corner Brook, NL  
(709) 637-3999 extension 3994

*“Western Health provides a scent free and smoke free environment.”*

# **The Restorative Care Program**



**Western Health**

**Our Vision**

**Our People, Our Communities - Healthy Together**



**Western Health**



# The Restorative Care Program

Following an illness or injury, some patients, especially older adults, may no longer require hospital care, but they may not yet be ready to safely return home.

Many patients who remain in hospital can become more weakened or de-conditioned. Patients may be recommended for a brief stay in Western Health's Restorative Care Program (RCP).

Restorative Care is time limited and directed toward going home. The Restorative Care Team will help you restore or improve your abilities for your return home.

## **Goals:**

- To help you get stronger after your illness or injury and your stay in hospital.
- To help you regain the skills that you need when you return home.
- To improve confidence and self-esteem following an illness or injury that required a hospital stay.
- To work with you and your family to develop a discharge plan for your safe return to home.
- To develop a safe and appropriate discharge plan if a return home is not possible.

## **Your Restorative Care Team**

We have listed here the members of your team. The team will meet weekly to review your goals and plan for your care and your return to home.

### **Physician**

The physician/nurse practitioner provides your medical care during your stay with us. He/she will work with you and your team to plan your care.

### **Nursing Staff**

The nursing staff plan and work with you to ensure your clinical and nursing care is provided. This includes registered nurses (RN), licensed practical nurses (LPN), personal care attendants (PCA).



### **Dietitian**

The dietitian provides support to maintain or improve your nutritional health.

### **Social Worker**

The social worker supports you and your family through counseling and assistance with discharge planning.

### **Physiotherapist**

The physiotherapist works with you alone or in a group to develop an exercise program to help increase your strength, balance and ability to move.

### **Occupational Therapist**

The occupational therapist works with you to help maintain or improve your ability to perform daily activities such as bathing, dressing and preparing meals. The OT can also assess your home and suggest equipment to prepare you for discharge.

### **Recreation**

The recreation therapist will work closely with you to identify and provide recreation programs of interest to you.

### **Other Healthcare Providers**

Other healthcare providers are available to support your healthcare needs.