

What should I bring?

- Socks and supportive flat shoes
- 2 sets of comfortable, loose clothing
- Pajamas and dressing gown
- Toiletries:
 - brush
 - comb
 - toothbrush
 - toothpaste
 - deodorant
 - facial tissue
 - hand wipes or hand cleaner
 - shaving supplies
- Eyeglasses and hearing aid
- Dentures
- Shavers

Please label personal belongings with your name.

This material has been reviewed and approved by patients, families and staff.



How do I plan for going home?

Planning for your discharge (going home) begins as soon as you come to the unit. We arrange plans with you, your caregivers, and the care team.

To help you reach your goals we will ask you about your daily life:

- What your home is like for size and layout.
- Stairs in your home.
- What distances you normally walk in a day.
- What supports you have (spouse, partner, family, friends, home care services, etc.).
- What you do for meals.
- What kind of transportation you use.
- What financial resources you have.

Depending on your recovery, we may recommend services you need at home. This might include:

- home support services
- outpatient therapy
- meal support programs
- equipment such as a walker or wheelchair.



What To Expect On 9D (Surgical Reactivation Unit)



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Welcome to 9D!

9D is a 12 bed unit at St. Paul's Hospital. We call it the Surgical Reactivation Unit or SRU. After time in the hospital it is sometimes hard to go back to some parts of your daily life. The focus of SRU is to help you get "reactivated" and restore your abilities so you can go home successfully.

Our team of physicians, dietitians, homecare liaisons, nurses, occupational therapists, pharmacists, physiotherapists and social workers will work with you, your family, and your caregivers to help you reach your highest level of independence with day-to-day activities.

As a team we try to ensure a smooth transition back to your home. We will identify your needs for community care or outpatient rehabilitation.

Goals of the program

Our programs are designed to help you become strong enough for some important parts of daily life:

- Getting out of bed or getting up from a chair by yourself. We call this independent transfer.
- Getting back your ability to do things and move around like before you were hospitalized.
- Being independent in the activities of daily living (such as dressing and bathing).

How long will I be here?

How long you stay depends on your condition, care needs, and progress. Most patients stay from 1 to 2 weeks.

Participating in your care

Patients take part in assessments and treatment programs set up by the occupational therapist and physiotherapist.

These may include everyday activities such as:

- completing personal care independently
- dressing in your own clothes
- having meals in the dining room
- physiotherapy sessions designed to increase your strength and endurance, and reduce your risk of falls.

Your recovery depends on your participation in your therapy program. We will encourage you to do as much as you can for yourself while you are here.

Your family and friends play an important role in your recovery and may need to learn how to assist you.