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# Welcome

## to the Geriatric Assessment Unit

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*A resource for successful aging*

## Welcome to the Geriatric Assessment Unit (GAU) – A1

**We're located at the Ottawa Hospital, Civic Campus on the first floor**

The GAU is designed to help older adults regain their independence while also managing their health care problems. The team members will help you and your family to set goals and work with you to achieve them. We will provide you with recommendations to help you remain as independent as possible.

Our team members include: Geriatrician, Nurse, Occupational Therapist, Physiotherapist, Social Worker, Speech and Language Pathologist, Dietician, Pharmacist, Rehabilitation Assistant and Volunteers. **You** are the most important member of the team.

## What to Expect of your Stay

This is a different type of hospital unit. You will be asked to get dressed in the morning and spend your day up and out of bed. By doing a little more each day you will help your recovery and get you back into your routine.

## What we do

We encourage you to participate in planned **therapies** each day. These will also help you increase your independence.

A typical weekday program is as follows:

- 7:7:30 am Wash and dress as independently as possible
- 8:45 am Breakfast in the dining room (5 days a week)
- 9:15 am Exercise class in the dining room (4 days a week)
- 11:00 am Group therapeutic programming when possible.
- 12.30 pm Lunch in the dining room (7 days a week)
- 2.00 pm **Therapeutic programming when possible**
- 5:30 pm Supper is served in your room

During the day you may also be scheduled for various tests, assessments and treatments with team members.

## VISITING HOURS:

3.00 pm – 8.00 pm

We ask that visitors follow these times to allow us to work with you during the daytime hours.

## Cash/valuables

Valuables, large sums of money, credit cards and jewelry should not be brought to the unit. *The hospital is not responsible for lost or stolen valuables.*

A hairdresser is available on request. You will be asked to pay by cash or cheque.

If you want a phone or a TV, you will need to pay with cash or credit card

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## DISCHARGE PLANNING

A conference with you and your family may be arranged if required to discuss the team's assessments and recommendations.

When you are ready for discharge, a detailed report will be sent to your family physician who is responsible for your continuing care.

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