



EXAMPLES OF OBJECTIVES ESTABLISHED DURING AN INTERDISCIPLINARY MEETING

- Identify recreational activities to maintain or improve your quality of life.
- Review your nutrition to promote weight maintenance or meal enjoyment.
- Plan for walking aids (cane or walker) to help you get around.

NOTES

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THE INTERDISCIPLINARY MEETING

TO HELP US TAKE GOOD CARE OF YOU



The goal of the interdisciplinary meeting is to introduce you to the various **workers** who will take care of you. Those in attendance will do their utmost to help you feel good in your new living environment.



As you are the person who knows yourself best, your cooperation and participation are essential and invaluable to the team. The meeting will be used to set two or three objectives with you to improve or maintain your quality of life.

HOW TO PREPARE FOR THE MEETING

- Speak to your loved ones to determine your expectations (interests, lifestyle habits, hygiene, sleep, meals, etc.) for your well-being.
- Do not hesitate to contact the nurse if you have any questions.



IMPORTANT STEPS BEFORE THE INTERDISCIPLINARY MEETING

1 to 3 weeks post-admission:

We will contact you to schedule an appointment regarding the interdisciplinary meeting.

2 to 4 weeks post-admission:

You will have a preparatory meeting with the nurse prior to the interdisciplinary meeting. The nurse will draw a profile of your needs and expectations. That is the best moment to ask questions regarding menus, care, baths, laundry, hairdressing, and so on.

After speaking to the nurse:

We recommend that you speak to your loved ones about your expectations and take notes. If necessary, contact the nurse.

CONDUCT OF THE INTERDISCIPLINARY MEETING

- The team welcomes you. The workers introduce themselves.
- We confirm your expectations and objectives that were identified during your meeting with the nurse.
- We discuss the needs and expectations that you have identified with the workers.
- We summarize the objectives and the interventions to be implemented, and also determine the methods to monitor your progress.