



Here are a few **simple** ways you can integrate the tips into your routine during your **hospital stay**:

- Walk for 5 minutes twice a day.
- Play cards (or other games) with visitors.
- Sit in an armchair at every mealtime.
- Eat everything in your plate during the main course.
- _____
- _____
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The specialized approach to senior care team (AAPA)

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**ARE YOU
HOSPITALIZED
AND AGED 75 YEARS
OR OLDER?**

Your recovery does not depend solely on caregiving staff.

You and your loved ones also have a role to play.

Here are our **TIPS** to facilitate your recovery.*

**Unless your physician advises otherwise.*

TIPS TO FACILITATE YOUR RECOVERY

1 Staying in bed is your worst enemy. Get moving!

- Sit in your armchair at least three times a day, at mealtimes.
- Walk to the bathroom. Walk to the living room with your visitors.
- Do everything you are capable of: Wash, shave, brush your teeth, get dressed, get up, go to the bathroom, etc.
- Notify the nurse if pain prevents you from moving.

2 Get enough food and drink. Whet your appetite!

- Take your medications with a full glass of water (if there are no limits on how much you can drink).
- Ask a loved one to bring your favourite snacks (notify staff). You need to eat to build your strength .
- Wear your dental prostheses if applicable.

3 Prevent constipation (3 or more days without bowel movements)

- Eat, drink, and get moving to prevent constipation.
- Speak to your nurse if you feel constipated.
- Limit the use of the bedpan and of incontinence pants if you can.

4 Get some sleep

- Inform us of your sleep habits (e.g.: bed against the wall, music, herbal teas, etc.) if possible.
- Wear ear plugs if your condition allows it.
- Avoid long naps during the day. Do not lie down all day. Do not go to bed too early at night.

5 Prevent disorientation and confusion

- Engage in any activity that will keep your mind active (e.g.: crossword puzzles, puzzles, cards, etc.).
- Wear your glasses and hearing aids, if applicable.
- Bring pictures of your loved ones, your music, or familiar objects.

6 Plan your discharge

- Plan who will go to the pharmacy and who will stay at home with you.
- Notify staff immediately if, at your home, you need to go up a flight of stairs, need to adapt your bathroom, and so on.

A family presence is both important and reassuring

Two healthy visitors are authorized per person under normal circumstances. If you are a visitor, wash your hands before entering and before leaving the room.

- Bring your lunch and eat with your loved one who is lodged.
- Encourage your loved one to move as much as possible, even in bed: to turn sideways in bed, to rotate his wrists and ankles, to swing his arms and legs, etc.
- Walk down the hallway with your loved one if he has sufficient balance and endurance (speak to the nurse or rehabilitation specialist).
- Respect rest periods.
- Remind your loved one that he is at the hospital and of the reasons for his hospitalization.
- Remind him of the current time of day: hour, day, date, and season.
- Designate a relative who can unite the family and keep others informed.