



Patient & Family Guide  
2018

# Geriatric Day Hospital



[www.nshealth.ca](http://www.nshealth.ca)

# Geriatric Day Hospital

Patient name: \_\_\_\_\_

Attendance days: \_\_\_\_\_

Attendance time: \_\_\_\_\_

Target discharge date: \_\_\_\_\_

Transportation: \_\_\_\_\_

GDH phone number: 902-473-2493

## **What is the Geriatric Day Hospital (GDH)?**

The Geriatric Day Hospital is a part of the Division of Geriatric Medicine within the Central Zone (Halifax, Eastern Shore and West Hants) of the Nova Scotia Health Authority (NSHA).

At GDH, a team of health professionals provide rehabilitative services to help older adults reach a higher level of functioning or maintain their present level so they can stay in their home.

## Services provided by GDH

- ☑ Medical assessment
- ☑ Nursing
- ☑ Physiotherapy
- ☑ Occupational Therapy
- ☑ Social Work
- ☑ Testing (e.g. X-rays, blood work, etc.) when necessary
- ☑ Medication review
- ☑ Consults to other health professionals as needed (e.g. Psychology, Nutrition and Food, or Speech Therapy)
- ☑ Home visit(s) as needed
- ☑ Family consultation and conferences as required
- ☑ Connections with exercise and social opportunities after discharge

## **Treatment program**

Once you begin at GDH, a staff member will become your case manager. He or she will pass on important information to you and can answer your questions or talk with you about your concerns. Successful treatment is influenced by your participation and regular attendance.

## **Attendance**

Once you begin treatment, you will be expected to attend 2-hour appointments, twice per week on either Monday and Wednesday, or Tuesday and Thursday (except holidays) for 6 weeks. You'll get the most out of the program by attending these appointments regularly.

**Please call the Geriatric Day Hospital at 902-473-2493 if you can't attend because of illness or for any other reason.**

**What are your questions? Please ask.  
We are here to help you.**

**In Nova Scotia you can call 811 to talk with  
a registered nurse about your health care  
questions 24/7.**

## **Medical care**

Your primary health care provider will continue to provide your medical care. After talking with you and your family, the doctor at GDH may make changes to your medications and order tests or treatments as needed. A summary about your treatment will be sent to your family doctor or health care provider when you are discharged.

Call your primary care provider or go to an Emergency Department if you have a medical problem on the days when you are not attending GDH.

## **Family**

With your consent, members of your family or other care providers may be contacted during your GDH treatment. Families and other care providers are encouraged to contact GDH with their questions or for information at any time during your treatment.

## **Transportation**

Transportation to and from GDH is your responsibility. If you or your family are not able to provide this, please ask about transportation service options.

## **Medications**

On your first visit to GDH, please bring all your medications in their original bottles (pills, tablets, medicines) for review by your nurse or doctor. This includes prescription and over-the-counter medications (including drops, inhalers, cream and supplements). Please tell the GDH staff if any of your other care providers make changes to your medications while you are in the program.

## **Cost**

There is no cost to you for attending the program. You may have to pay for transportation or parking depending on how you get to GDH.

## **GDH closures**

GDH is closed on all statutory holidays. If a statutory holiday falls on Saturday or Sunday, GDH will be closed the following Monday.

If there is bad weather, GDH may be closed. We will call you to confirm the closure.

## **Smoke-free policy**

Smoking is not allowed in the building or on the grounds.

Thank you for not smoking, using tobacco or vaping, inside or on NSHA property. This includes electronic cigarettes, cigars, pipes, hookahs, hookah pens, vape pens, and other Electronic Nicotine Delivery Systems (ENDS).

## **Scent-free policy**

Please do not wear perfume, scented hairspray, cologne, scented deodorant, aftershave or other scented products.

Scented products contain chemicals that can cause serious problems for many people, especially those with asthma, allergies and environmental illness.

## **Loss or damage responsibility**

GDH is not responsible for lost, stolen or damaged items. We recommend that all valuables are left at home.

## Discharge

Patients usually attend GDH twice weekly for 6 weeks.

Discharge happens when:

- The goals of your care plan have been achieved.
- Intervention from 2 or more services is no longer needed.
- You are admitted to hospital or your needs can be better met by a community service/agency.
- Your condition requires more intensive treatment and supervision than the program can provide.
- You miss 3 visits in a row or you decide not to attend the program.

If needed, you will be referred to appropriate community agencies before you are discharged from GDH.



We hope you enjoy your time with us  
at the Geriatric Day Hospital!

**For more information, please contact:**

Geriatric Day Hospital  
5955 Veterans' Memorial Lane  
Halifax, NS B3H 2E1  
Phone: 902-473-2493



**Looking for more health information?**

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

**Nova Scotia Health Authority**

[www.nshealth.ca](http://www.nshealth.ca)

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.