

Welcome to the Hospital

About Your 'Care Journal for Patients and Families' Booklet

Fraser Health is committed to helping you get well again. We know being in the hospital can be a very anxious time for you and your loved ones.

Clear communication is very important. You, your loved ones, and your healthcare providers need to understand each other and what is happening. Ask if you do not understand something. If you do not speak English well enough to have medical conversations, please tell us the language you prefer to speak. You can ask for a medical interpreter and cards with pictures to help communicate. These services are free.

While in the hospital, we hope you **get involved in your care**. We encourage you to ask questions and give us information. We will ask you lots of questions and give you a lot of information. This might be different from any previous experience you have had in the hospital. We hope this booklet helps you be involved in your care.

This booklet gives you:

- ✓ Some common information about the hospital and the unit you are on.
- ✓ A place for you or your family to write your own notes about your care, including the plan for going home.
- ✓ Some ways to remember the care and information we give you. After you leave the hospital, you can share this information with your doctor, nurse practitioner, pharmacist, home health nurse, or other care providers.