

## Leaving the P.A.T.H. Unit

Our goal is for you to go home from the hospital as soon as possible. The plan for going home begins as soon as you are admitted to the hospital. This is called 'discharge planning'. Once you are well enough, we work with you to get you home and safely stay home.

We arrange for follow-up visits in your home to make sure you continue to manage your health conditions and limit the need for hospital visits.

## What does 'home' mean?

A home could mean:

- a house or apartment
- a group home
- an independent living facility
- a shelter
- a motel/hotel



## On the day you leave:

Arrange to be picked up for **11:00AM**. We will help you pack your personal belongings.

We will work with you and your family to make sure you have prescriptions, information about your care at home, and follow up appointments.

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If you have any questions, please call or ask to speak to the Patient Care Coordinator:

E2A 604-469-3110

E2B 604-469-3086

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

This information does not replace the advice given to you by your healthcare provider.

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To order: [patienteduc.fraserhealth.ca](mailto:patienteduc.fraserhealth.ca)

## Patient Assessment and Transition to Home (P.A.T.H.)



Eagle Ridge Hospital

475 Guildford Way  
Port Moody, B.C. V3H 3W9

**E2A 604-469-3233**

**E2B 604-469-3122**

Helping people with complex care needs to successfully transition home



## Patient Assessment and Transition to Home



We believe **'home is best'** and that you are in charge of your health and wellness. Our unit helps you gain the strengths and abilities you need to transition from hospital to home.

To help you on your path to recovery, we ask you:

- Be as mobile as possible.
- Do as much of your own personal care as possible.
- Be up for meals and eat in the dining room.
- Dress in your own clothes.
- Take part in your activity plan and daily group programs.

We encourage your family to take part in your care. Please give us the name and phone number(s) of 1 or 2 people who will act as 'contact person' for your family and friends.

## Working together



Your care team is a group of health care professionals skilled at transitioning people back to the community. The team includes nurses, doctors, social workers, pharmacists, physiotherapists, occupational therapists, dietitians, patient care coordinators, and others.

We work with you and your family to:

- Identify your health concerns.
- Develop a plan of care.
- Help you care for yourself to achieve your healthcare goals.
- Get you ready to return home.

## What I need:



- Comfortable clothes
- Appropriate footwear (shoes and/or slippers)
- Toothbrush, Toothpaste, Denture Cleaner
- Comb / Brush
- Shaving equipment
- Personal mobility equipment such as a cane, walker, wheelchair

### Note:

- Please send all valuables, jewelry, personal identification, and money home.
- Please leave your personal medications at home. We supply your medications.

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## Visitors

Visitors can usually come at any time. Please limit visitors to 2 at one time due to limited space in patient rooms.



A patient lounge is located on the unit. Please enjoy the television and keep the area tidy so that others can enjoy it as well.

We may restrict visiting to prevent the spread of infection or give patients rest and quiet.

**Attention:** Please do not bring any scented flowers or use any scented products, such as perfume or cologne. We are a scent-free building.