

## What to bring

- ☐ non-slip slippers or shoes
- ☐ loose fitting clothes
- ☐ glasses and hearing aids
- ☐ cane, walker, or wheelchair
- ☐ toothbrush, toothpaste, denture cleaner, and shaving equipment
- ☐ comb or brush, deodorant
- ☐ personal unscented lotions
- ☐ comfort items such as a special pillow or blanket, books, and favourite foods

Leave all valuables, money, and personal identification at home. You are responsible for cleaning personal soiled items.

## When you leave

Make sure you take the following:

- ☐ all personal items
- ☐ medications and new prescriptions
- ☐ referrals for follow-up appointments

You are responsible for making follow-up appointments.

## PATH Units

Fellburn Care Centre  
604-412-6503

Care Life Fleetwood  
604-598-7245

Eagle Ridge Hospital  
604-469-3233 (C2A)  
and  
604-469-3122 (E2B)

Langley Memorial Hospital  
604-534-4121

Mission Memorial Hospital  
604-814-5200

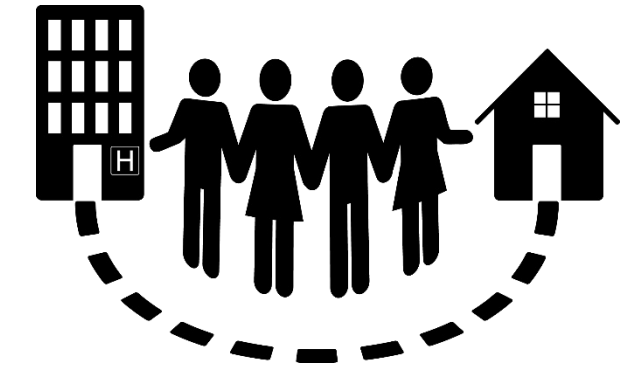
Peace Arch Hospital  
604-531-5512

Ridge Meadows Hospital  
604-463-1822

[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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For more copies: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)



## Patient Assessment and Transition to Home Units

(PATH)



## Welcome to PATH

We are a community-based unit that helps you prepare to transition home.\* We are a place for you to practice activities you will need to function safely at home.

While you are in PATH, we want you to:

- be as mobile as possible
- do as much of your personal care as possible
- be up for meals and eat in the dining room
- dress in your own clothes
- take part in your daily activity plan and daily group programs

The PATH unit that you go to might be in the hospital you are in now, or at another location.

\*A home could mean:

- house or apartment
- group home
- independent or assisted living
- long-term care
- shelter, hotel, or motel

## Working together

We work with you, your essential care partners, and caregivers to help you care for yourself and reach new health care goals. We encourage your essential care partners and caregivers to take part in your care while you are in PATH.

To help you prepare to transition safely from hospital to home, we focus on:

- helping you build your muscle strength
- helping you find housing that matches your care needs
- making sure you have what you need for assistance when you go home (for example, the family caregiver benefit)

We will share information with you and your essential care partners to keep you informed of your care.

## Members of the PATH team

- you and your essential care partners
- nurse practitioner
- doctor
- patient care coordinator
- friends, family, and caregivers
- community health nurse
- nurses
- health care assistants
- physiotherapist
- rehabilitation assistant
- occupational therapist
- social worker
- registered dietitian
- pharmacist
- unit clerk

If you have any questions, ask anyone on your team.

## Wi-Fi

Please ask if Wi-Fi is available to use tablets, cellular phones, or laptops in PATH.