

How can family and friends help?

The first pass can be hard. Try to limit the number of visitors and activities.

Ask us questions and tell us about any concerns you have before leaving.

As a responsible adult going with someone on a pass, you have agreed to stay and supervise them.

'Supervise' means you:

- Help with goals, activities, and needs.
- Help with taking medicine(s), if needed.

Complete the 'Information & Feedback' form.



Estimated Discharge Date:



**Information
for Patients,
Family, and Friends**

Rehabilitation Services



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



What is a Pass?

It is time away from the hospital that allows you to practice at home what you have learned in rehab.

A Pass helps you...

1. Gain confidence.
2. Practice skills.
3. Make returning home easier.

When planning a pass, you and your care team will decide how long the pass will be for and if you will need a family member or friend to go with you.

Before You Leave

- Plan how you will spend your time while on pass. Think about any appointments you need to make or attend.
- Talk with your care team about your plans for your pass.
- Talk to your nurse about the medicines you need to take while on your pass.

While on a Pass

- Follow the goals for the pass on the 'Information & Feedback' form and complete the section on the back of the form (we give you this form when you are leaving for your pass).
- Only take the medicines given to you by your nurse.
- Call the unit at any time if you have questions.



- If you need to, you can return to the unit at any time.

**If you have a medical emergency
CALL 9-1-1**

No driving while on a Pass



When You Return

- Return the completed 'Information & Feedback' form to your nurse.
- Return all medicine bottles and any unused medicine to your nurse.
- Talk with your nurse about how your pass went - both good and bad.
- Tell your nurse about any falls.

Pass with a Plan to Stay Home

- You and your care team have talked about the chance of you being discharged while on a pass.
- If the pass is successful, you must call the unit before 9:00AM on the date agreed to here:

Date: _____