

Welcome to the **Acute Care for Elders Unit (A.C.E.)**

Older Adult Program



ACE Unit, Cheam 3
Abbotsford Regional Hospital
604-851-4849

ACE Unit, 5A
Burnaby Hospital
604-412-6608

ACE Unit
Eagle Ridge Hospital
604-461-2022 local 543049

ACE Unit, 5A
Peace Arch Hospital
604-531-5512 local. 757220

Welcome to the Acute Care for Elders (A.C.E.) Unit

Acute Care for Elders Unit is an acute medical unit.

We specialize in caring for older adults who:

- have suddenly become acutely ill
- have a number of medical conditions
- may need more support to continue to live independently

Home is Best

Our goal is to help you recover to your best level of health, so you can return home as soon as possible.

How we do this:

- We provide 'Person-Centred Care'.

This means we pay specific attention to who you are, what you prefer, what you can do for yourself, and what you need us to do for you.

- We will help you get up and moving as soon as possible.

This helps you maintain your strength and ability to do things for yourself. It also helps prevent further health problems from occurring.

We know the longer older adults stay in the hospital, the greater chance they are at risk for:

- Losing muscle strength
- Falling in this unfamiliar setting
- Getting an infection

Your care team

Your care team is a group of health care professionals skilled in caring for older adults. This team includes nurses, doctors, physiotherapists, occupational therapists, dietitians, social workers, speech and language pathologists, pharmacists, patient care coordinators, and others.

We work with you and your family to:

- Identify your health concerns
- Develop a plan for your care
- Help you care for yourself
- Help you keep active
- Get you ready to return home

While in the A.C.E. Unit, either your family doctor or one of our hospital doctors (also called 'hospitalists') will direct your care.

A doctor who specializes in the care of older adults may also direct your care. This type of doctor is called a 'geriatrician' (sounds like 'jerry-ah-treh-shun').

Let your nurse know if you want to speak with your doctor.

How can you help us to help you?

- ✓ Be active and mobile.
- ✓ Do as much of your own personal care as you can.
- ✓ Stay connected with family and friends.
- ✓ Sit up in a chair for meals when you can.
- ✓ Wash your hands:
 - Before eating
 - Before leaving your room
 - After using the toilet
 - After blowing your nose



What to bring to the hospital

- Eyeglasses

- Hearing aid (and extra batteries)

- Socks

- Shoes with flat heel, fully closed at the heel and toe, rubber or slip resistant soles (such as lace up shoes)

- Brush or comb

- Toothbrush and toothpaste

- Denture cleaner

- Unscented deodorant

- Unscented lotion or cream

- Shaving supplies

- Comfortable loose-fitting clothes

- Cell phone (if you wish)

- _____

- _____

A hospital is a public place with many people coming and going. We move patients from one location to another. Items can go missing.

Please label all personal items with your first and last name.
Send all valuables, jewellery, personal identification, and money home.

Family and Friends

We know it is important for your family and friends to hear how you are doing. Please give us the name and phone number(s) of one or two people who will act as contact person for your family and friends.

If you are unable to speak for yourself, your contact person:

- Talks with the doctor and nurse regularly about your health and medical condition.
- Gives the details of your condition to other family and friends.
- Collects and gives you well-wishes from family and friends.

It is good to ask questions. If you have any questions or concerns about your care, speak to your nurse or ask to speak to the Patient Care Coordinator (the nurse in charge).

We encourage your family and friends to take part in your care. We always ask for them to take part in the plan for you returning home.

Please note: Our nurses change their shift between the hours below. We may not be able to answer telephone calls during these times.

Shift changes 7:00 to 8:00 a.m.
 7:00 to 8:00 p.m.

Visitors

We have open visiting hours. This means visitors can usually come at any time.

However, there are times when we restrict visiting either in the hospital, on the unit, or for specific patients. We may restrict visiting to prevent the spread of infection or give patients rest and quiet.

If you share a room, please ask your visitors to respect the privacy and health needs of other patients. It may be better to take your visitors into the patient lounge rather than visit in your room.

Allergy Alert

The whole hospital is scent-free, fragrance-free, and latex-free. This is because many people are sensitive or have allergies to fragrances and latex.

Attention Visitors:

- **Do not** bring any strongly scented flowers (such as lilies).
- **Do not** bring in any scented products such as soaps or scented ornaments.
- **Do not** use scented products such as perfume or cologne.
- **Do not** bring in latex balloons. Mylar balloons are okay.



We are smoke-free

For everyone's health and safety, there is no smoking anywhere in the building or on the surrounding property.



Television

Check at the nursing desk for more information.

Preparing to go home

We start preparing for your return home from the time you come into the hospital.

Studies tell us that returning home as soon as possible with community supports gives you the best chance of regaining your strength and independence. This is true even if you cannot care for yourself the same way you could before coming into the hospital.

Often before going home, you may first need to spend some time on a physical rehabilitation unit, convalescent unit, or another transition unit to improve function.

If you have any questions about your plan for going home, please speak with your nurse or Patient Care Coordinator as soon as possible.

Going Home Checklist

Date Going Home: _____

Going Home	Yes	No	Not applicable
• Your return to home is planned.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Family is aware of the date and time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Transportation is arranged.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Food and household items are available.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medications	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• We have reviewed your medications.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Prescription written and given to you.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Prescription picked up at local pharmacy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Follow-up appointment made with family doctor or specialist.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Follow up arrangements made with Home Health. <input type="checkbox"/> Home support services <input type="checkbox"/> Wound Care	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Referrals made to community programs or clinics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medical supplies and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Equipment reviewed with occupational therapist.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Supplies and equipment arranged.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
• Pick up or delivery arranged.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Hospital Addresses

Abbotsford Regional Hospital and Cancer Centre
32900 Marshall Road
Abbotsford, B.C.
V2C 0C2

Burnaby Hospital
3935 Kinkaid Street
Burnaby, B.C.
V5G 2X6

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

Peace Arch Hospital
15521 Russell Avenue
White Rock, B.C.
V4B 2R4

www.fraserhealth.ca

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

Catalogue #255851 (March 2019)
To order: patienteduc.fraserhealth.ca