

# Welcome to

# 5 South Specialized Dementia Unit (SDU)

Toronto Rehab

## **For patients, families and caregivers**

Welcome to 5 South Specialized Dementia Unit at Toronto Rehab.

This booklet will give you information about:

- rehab on our unit
- what to expect during a patient's time here
- other information that you may want to know



## **About 5 South Specialized Dementia Unit**

### **What is the Specialized Dementia Unit?**

On the Specialized Dementia Unit (SDU) at Toronto Rehab (5 South), we work with patients to help manage behavioural symptoms caused by dementia. You or the nursing home applied for the patient to come to Toronto Rehab because it became hard for them to live safely in their home.

### **How do we help our patients?**

When a patient gets to Toronto Rehab, we will set **rehab goals** to:

- ✓ manage behavioural symptoms caused by dementia
- ✓ keep the patient in their everyday life

We often work together with the nursing home to set these goals. We will check on how these goals are progressing throughout a patient's stay at Toronto Rehab.

### **What will happen to the nursing home bed while the patient is at Toronto Rehab?**

People who live in nursing homes are allowed to take a 60 day "psychiatry leave" and still keep their beds. This means that patients at Toronto Rehab can stay here for up to 60 days and still keep their nursing home beds. Patients must still pay for their nursing home beds while they are at Toronto Rehab.

### **How long do patients stay at Toronto Rehab?**

Each patient's time at Toronto Rehab is based on how he or she is doing. Most patients can only stay on the unit up to 60 days to make sure they don't lose their nursing home beds. Many patients stay for less than 60 days if they meet their rehab goals.

## **Are private rooms available?**

We have private (1 bed), semi-private (2 bed) and basic (4 bed) rooms available.

Reasons why a patient might need a private room include:

- Behavioural symptoms make it unsafe to share a room
- To prevent the spread of infections

We know whether patients need private rooms before they get to Toronto Rehab so they can go straight to their rooms when they arrive.

If the patient does not need a private room but you would like to request one, let us know at admission and we will tell you if there is a bed available.

**There will be an extra cost for the private and semi-private rooms.**

We may need to make room changes during the patient's stay because of medical reasons or to prevent the spread of infections.

## **What do patients on the SDU need during their stay?**

While they are at Toronto Rehab, patients will need:

- Enough clothes for a week. Try to bring inexpensive, comfortable, loose-fitting clothes that are easy to change. For example, sweatshirts and pants, pants with elastic waistbands. Jeans or pants that need belts are not recommended.
- One pair of comfortable walking shoes.
- Personal toiletries such as toothbrush, toothpaste, comb, soap and shampoo, hairbrush or anything else the patient needs.
- Electric razors only. No disposable razors.

It is common for patients with dementia to enter each other's rooms and unintentionally take things that do not belong to them. We will label clothes after the patient arrives on the unit. Please make sure you label **all** other personal belongings so we can return items to the right patient.

If the patient uses these items, please put a label or mark their name:

- Wheelchair or walker
- Dentures
- Hearing aids with batteries
- Glasses with a case

Please **do not** bring:

- Food from home
- Breakable and sharp objects such as knitting needles, picture frames and vases for flowers
- Money and items of sentimental value, to make sure they are not lost

**If you're not sure, ask us.**



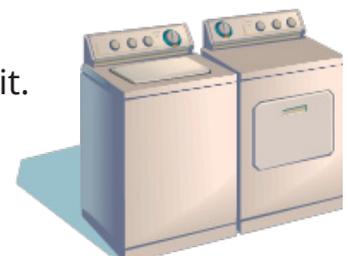
**Remember:** Patients cannot bring canes to the hospital for safety reasons. If the patient uses a cane, we will give them another mobility aid to use while they are at Toronto Rehab.



## Laundry

We label all patients' clothes when they get to Toronto Rehab. There are a few options for laundry:

- You can take laundry home for washing.
- You can use the washing machine and dryer on the unit. Talk to staff for more information.
- The hospital can do the patient's laundry. Please let us know if you want more information about this service.





## **Food and mealtimes**

Patients eat together in the dining room for all their meals.

We assess all patients for their food needs and preferences. We do everything we can to make sure that patients' nutritional needs are being met.

**Do not leave any food in a patient's room, even in the closet or nightstand. Talk to a nurse if you have questions.**

## **Important information for visiting the SDU**

The SDU is a locked unit for our patients' safety. When you get here, you will need to phone the nursing station to get into the unit. There is a telephone by the front entrance. **Dial extension 3012 and give your name and the name of the person you are visiting.**

- Please always sign-in and sign-out in the visitor book at the nursing station. Someone will buzz you off the unit when you sign out.
- Do not let any patients leave the unit when you come in or leave the unit. Ask for help if patients are blocking the entrance.
- If you are visiting the unit often, you may be able to get a visitor pass so you enter and leave the unit without having to call the nursing station. There is a small charge to buy the pass. Please talk to a staff member for more information.

## **Other important information for visiting the SDU**

- Do not visit the hospital if you or other family members are feeling sick, have a fever or cough, have diarrhea or vomiting.
- Clean your hands with hand sanitizer when entering the hospital, before entering and after leaving a patient room, and often during your visit with us.

- Try to limit the number of visitors a person gets at a time. Having many visitors at one time can be upsetting and overwhelming for patients.
- Make sure children are with an adult at all times.
- If you have a family dog you would like to bring for a visit with the patient, please speak to a staff member in advance. There is a form that must be completed and submitted to Security, including a copy of your dog's vaccination record.
- Ask a staff member to open the bathroom if you need to use it while you're visiting the unit.

### **Can patients go off the unit?**

We don't recommend that patients leave the unit.

The **SDU Garden** is open during the summer (May to October). Talk to the health care team to learn more about visiting the garden.

### **Communicating with the health care team**

We welcome your questions and will let you know about any updates or concerns throughout the admission.

Before the patient goes back to the nursing home, we will have a care conference. We will invite family members and staff from the nursing home to take part.

During this meeting, will talk about:

- An update on the patient's behavioural symptoms and how things have gone overall in rehab
- Tips to help care for and help manage behavioural symptoms

We will also give you copies of any important care information, such as a list of medications.

## Who provides care for patients on 5 South?

### Your health care providers and what they do

#### Doctor

My doctors' names:

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The doctor oversees the medical care and works closely with the care team. They will visit with patients and talk to the nurses about any changes. They can also give prescriptions for tests and medicines when patients need them.

The doctors on our unit include:

- **Geriatric psychiatrists** who specialize in psychiatric care of the elderly
- **Hospitalists** who specialize in hospital care
- **Geriatricians** who specialize in care for the elderly

#### Nurse (RN, RPN)

My nurses' names:

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Nurses provide care 24 hours a day during a patient's stay, including medications, pain management, skin health and personal care. They assess health and behavioural symptoms and look for ways to better manage the patient's care. The nurses work closely with the doctors and the rest of the team to check each patient's health so they can meet rehab goals in a safe, healthy environment.

## Your health care providers and what they do

### **Occupational Therapist (OT)**

My Occupational Therapist's name:

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The OT finds ways to manage behaviours other than using medication. The OT helps with activities such as getting washed and dressed, or leisure activities. They can also suggest ways to help patients adapt to changes in memory and thinking. If needed, the OT can also recommend devices and equipment such as wheelchairs.

### **Occupational Therapy Assistant/ Physical Therapy Assistant (OTA/PTA)**

My OTA/PTA's name:

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The OTA and PTA run group programs. They work closely with OT or PT to engage patients in exercises and group activities.

### **Physical Therapist (PT)**

My PT's name:

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The PT works with the patient on their risk of falling, ability to move around, pain and skin health. They can recommend mobility aids such as wheelchairs or walkers, if needed.

The PT will let you know if the patient can take part in individual and group exercise programs. They work with the physiotherapy assistant to do exercise programs when appropriate.

## Your health care providers and what they do

### **Pharmacist**

My Pharmacist's name:

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The pharmacist assesses each patient's medicine needs when they arrive. They keep track of how patients are doing to make sure they get the right medicine at the right times.

The pharmacist makes a plan for the medicine needed when patients leave the hospital.

### **Registered Dietitian (RD)**

My registered dietitian's name:

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The dietitian works with the family, patients and the health care team to help patients get the foods and nutrition they need to be as healthy as possible. Dietitians prescribe special diets and nutrition supplements.

### **Social Worker**

My Social Worker's name:

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Social workers give emotional support to patients, families or caregivers. They offer counselling and help communicate patients' needs and wishes with the health care team and the nursing home.

Social workers can help you with resources to learn more about long-term care and health care systems, as well as find community supports. They make sure services are in place before a patient leaves the unit.

## Your health care providers and what they do

### **Speech Language Pathologist (SLP)**

My Speech Language Pathologist's name:

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SLPs check for swallowing problems. They make sure patients can eat or drink safely. SLPs suggest ways to feed patients or changes to food that can help with swallowing. They consult with team and families about speaking, listening or understanding, reading and writing, and ways to help communicate with patients.

### **Recreation Therapist**

My Recreation Therapist's name:

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Recreation therapists help patients find activities that they enjoy and can take part in. They help patients socialize with others, either informally or in groups and they can share tips on how to help patients continue activities after leaving the hospital.

### **Spiritual Care Practitioner**

My Spiritual Care Practitioner's name:

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Spiritual Care Practitioners support patients and families to express beliefs, values, concerns, and emotions in a way that honours all feelings. They understand that spiritual expression can take many forms. They respect everyone's spirituality regardless of race, colour, culture, belief system, ability, gender, gender identity or sexual orientation.

## Where to find us

Toronto Rehabilitation Institute, University Centre  
South Wing – 5th floor care station  
550 University Avenue  
Toronto, Ontario M5G 2A2  
Phone: 416 597 3422, extension 3012

Patient's room number \_\_\_\_\_

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