

# Welcome to Unit 7 South Musculoskeletal & Multisystem Rehab Program



## Information for patients and families

This booklet has information about:

- My care team members
- What I need to know while staying on the unit
- How to find my way
- Where to get more information

**Patient Education**

*Improving health through education*

Please visit the UHN Patient Education website for more health information: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)  
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## About the unit

### Where to find us:

Toronto Rehabilitation Institute – University Centre  
South Wing – 7th Floor Care Station  
550 University Avenue  
Toronto, ON M5G 2A2  
Phone: 416 597 3422 extension 4300

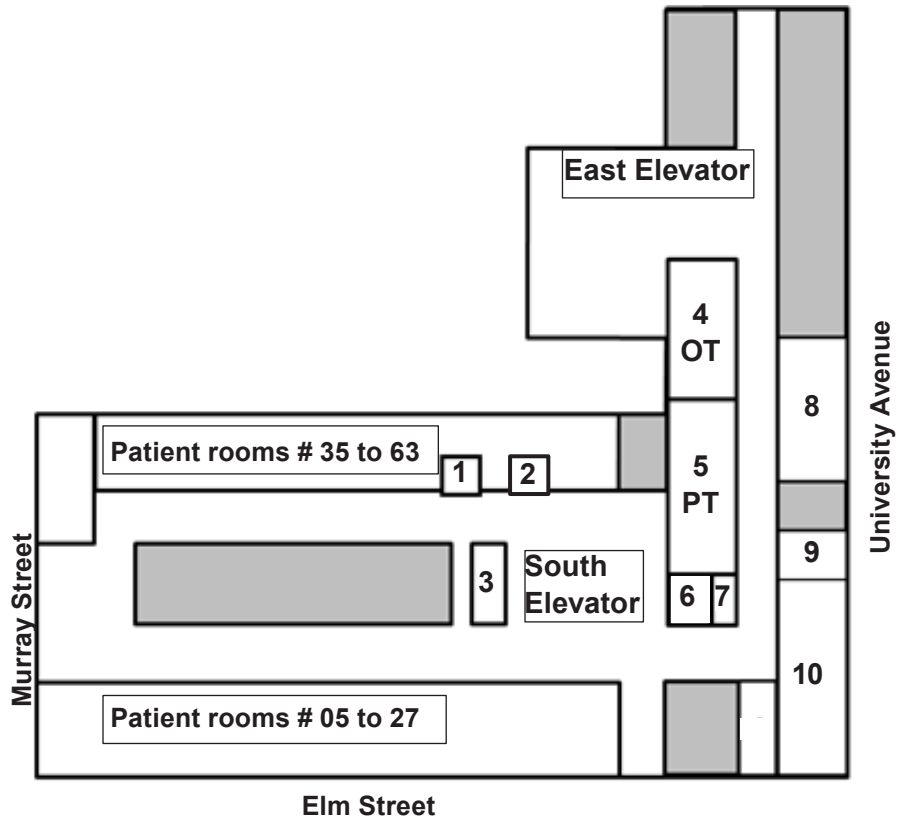
My room number: \_\_\_\_\_

My room phone number: 416 597 3030 ext. \_\_\_\_\_

### Map of Unit 7 South

#### Legend:

1. Diabetes Corner
2. Patient's Corner  
(TV and phone info)
3. Care Station
4. Occupational Therapy  
Treatment Room
5. Physiotherapy Gym
6. Private Treatment Room
7. Visitor Washroom
8. Independent Living Suite
9. Kitchen
10. Dining and Activity Room
11. Manager's Office



## Who is part of my care team?

Doctor(s): \_\_\_\_\_

\_\_\_\_\_

Nurse(s): \_\_\_\_\_

\_\_\_\_\_

Pharmacist: \_\_\_\_\_

Physiotherapist (PT): \_\_\_\_\_

PT Assistant: \_\_\_\_\_

PT treatment time: \_\_\_\_\_

Occupational Therapist (OT): \_\_\_\_\_

OT Assistant: \_\_\_\_\_

Speech and Language Therapist: \_\_\_\_\_

Rehab Therapists: \_\_\_\_\_

OT treatment time: \_\_\_\_\_

Social Worker: \_\_\_\_\_

Other care team members: \_\_\_\_\_

**YOU are the most important member of the care team.**



## **TV and phone**

A courtesy telephone is available in the Dining and Activity room. You can also watch TV for free in this room (please see the map of Unit 7 South for details).

### **How to order a telephone**

A telephone in your room costs \$2.50 a day. To order telephone service:

1. Complete the “Patient Entertainment Rental Services Order Form” (included in your blue admission folder). This form can also be picked up at the Patient’s Corner (near the care station). Place the completed form into the lock box located at the Patient’s Corner.
2. A representative will meet with you to pick up your completed order form from Monday to Friday, between 9:00 am to 5:00 pm. Or, ask a family member or friend to drop off your order form at the Patient Accounts office on the first floor.

**Yes, you can use your cellphone on the unit.**

### **How to order a TV**

There are 2 ways to order a TV for your room:

1. Complete the “Patient Entertainment Rental Services Order Form” (included in your blue admission folder). This form can also be picked up at the Patient’s Corner (near the care station). Place the completed form into the lock box located at the Patient’s Corner.
2. Call extension 3037 from a telephone on the unit to request service. If you call outside regular business hours, calling this extension will also give you information on the hours on operation.



## Food and meal time

During your stay with us, we provide:

- **Meals in our dining room.**

Speak with one of our staff if you do not want to eat in the Dining and Activity room. Meal times are 8:00 am, 12 noon and 5:00 pm.

- **A shared fridge in the kitchen for you to keep your own food and drinks.**

Label all your food with your name and the date. Make sure it is all closed tightly. Please take all your own food with you when you go home or it will be thrown away. Remember: There is only one fridge for all patients.

- **Free ice water, juice and biscuits are available in the kitchen.**

There is no cafeteria in the building, but you can buy food at Druxy's. It is located beside the University Avenue entrance on the 1st floor.

<b>Hours:</b>	Monday to Thursday	7:00 am – 5:00 pm
	Fridays	7:00 am – 4:30 pm
	Saturdays	9:00 am – 5:00 pm
	Sundays	closed



## Clothing and washing

- Wear loose, comfortable clothes for exercise.
- Bring non-slip shoes for walking.
- You can use the washing machine and dryer in Room 8-038 (on the 8th floor). Please bring your own high efficiency liquid or powder detergent and softener. Check that the label says “HE” or high efficiency.



## Visitors

Patient visiting is welcomed at all times. But, there may be exceptions due to your medical condition or because there are concerns about your health and/or safety.

If you are in a shared room and have visitors, please be respectful of your neighbour and their privacy. If you have more than 2 visitors, please meet them in the Dining and Activity room.



## Computers and internet

There are computers with internet in:

- The Dining and Activity Room
- Sun Life Patient and Family Resource Centre – 1st Floor

You can also bring your own portable electronic devices such as laptops, tablets or e-readers. There is free Wi-Fi in the building. Log onto “Wireless Guest”.

You are responsible for your own belongings. You can ask your team for a bedside drawer key to secure your belongings.



## Books and other reading material

You can borrow books and magazines from the shelves located in the Dining and Activity room on the unit.

Please return all books and magazine to the shelves before you leave rehab.

Local newspapers are available on the unit. You can find them on the newspaper racks across from the South elevators and in the Dining and Activity room.



## Other information and questions

### **UHN is a Smoke-Free Facility.**

UHN is a smoke-free environment. This means the smoking of tobacco products and electronic cigarettes on UHN-owned grounds is prohibited. This policy matches our goal of providing a healthy and safe environment for our patients, visitors and staff. It is also required by Ontario law (Smoke-Free Ontario Act).

### **Can I bring my pet?**

Yes. If you would like to bring your pet into your room please see a staff member and be prepared to show your pet's updated immunization information. Pets are welcome on the main floor by both entrances.

### **Are there places to spend time outdoors?**

There is a public garden space on the 5th Floor near the East Elevators. The garden is open April to November. There are patio spaces by the University Avenue entrance on the main floor.

### **Can I bring household electronics?**

Check with the team as some devices need to be checked and approved by the maintenance and infection control departments.

### **What if I have a hospital bill?**

You will receive a hospital bill if you ordered:

- Upgrade to your room not covered by your insurance
- Telephone and/or TV service
- Equipment

You can pay your hospital bills at Patient Accounts on the 1st floor (please see map of 1st floor University Centre for details).

**Office hours:** Monday to Friday, 9:00 am – 5:00 pm  
Closed 1:00 pm – 2:00 pm for lunch

**For more information about a hospital bill, dial extension 3528 from a phone on the unit.**

# Map of 1st Floor University Centre

## Legend:

- 1. Druxy's
- 2. Patient Accounts & Information Counter
- 3. Patient & Family Resource Centre

