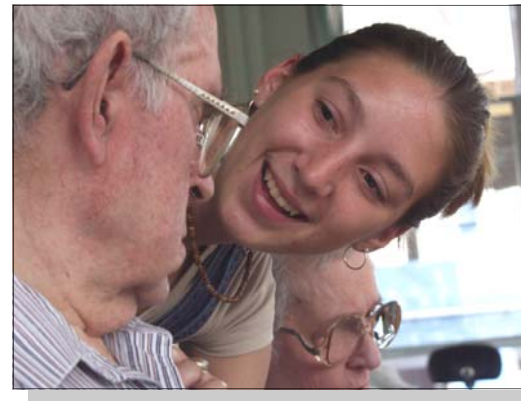


TO CONTACT US:
D'Youville Hospital and Residential Centre
Respite Housing Program
1036 Belvedere Street South
Sherbrooke, QC J1H 4C4

Centre de santé et de services sociaux –
Institut universitaire de gériatrie de Sherbrooke
Health and Social Services Centre –
University Institute of Geriatrics of Sherbrooke



Respite Housing Program



Information Leaflet
for the Natural Caregivers
and Residents
Who Use the Services of the
Respite Housing Program

Respite Housing Program

The respite housing program is a seven-day respite care program implemented on a regular and monthly basis. It is offered to natural caregivers in order to prolong home maintenance for persons in loss of autonomy.

Specific objectives for the resident

- Provide a safe living environment to the resident during the respite period for the family caregiver.
- Ensure continuity in domestic living habits.
- Stimulate the resident to use his full potential.
- Screen for and remedy certain health problems.

Participation and obligations of the natural caregiver

- Take advantage of the senior's stay to get some respite.
- Notify staff upon arrival of any change in the medication and the health condition of the resident.
- Pay fees of \$20 per day for the room.
- Pay \$15 per week for TV access and \$1 per day for telephone access.
- Open an account at the bank at the institution and deposit \$30 for the personal expenses of the resident.

Realisation: Johanne Couture and her team
Conception: Communications Service
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Dépliant Programme Hébergement par alternance
lilas, décembre 2008

Furniture and supplies you need to bring

- All medications in a pillbox and the drug profile provided by your pharmacist
- A medical insurance card
- Clothes and underwear for the 7 days the resident is lodged
- The resident's wheelchair, cane, walker, etc.
- Facial tissues
- Articles for hair care (comb, brush, shampoo), dental care (toothbrush, toothpaste, dental prosthesis) and skin care (lotion, soap, cream, deodorant, oil)
- Shaving gear and products
- Incontinence products (in sufficient quantities)
- The name of the family physician or any other consultant

Environment

A private room (with access to a bathroom) is available in the care unit:

- Arrival on Wednesday at 2:00 p.m.
- Departure the following Wednesday by 10 a.m.
- Telephone: 819 821-1170, ext. 45888

On the occasion of your first visit, the social intervener will welcome you at the entrance on Belvedere Street.

Living environment

Sixty-nine other residents are lodged in this care unit. We also offer a semi-private room for temporary use available by reservation. The clients lodged suffer from various pathologies and related behaviours (i.e. confusion, yelling, etc.)

Integration and trial period

An evaluation period of 2 to 3 visits is necessary for the care providing team to determine whether the resident can benefit from the respite housing program.

Health care team

Nurses are the first respondents and are responsible for planning, controlling and evaluating nursing care. Along with other professionals they play a key role.

Nursing assistants provide health care.

Beneficiary attendants provide basic care and assistance to residents in their everyday living activities.

The **social worker** maintains close ties with network interveners and the care team.

The **physician** ensures continuing care while the resident is lodged.

The **occupational therapist** determines whether the resident requires adaptive equipment for his well-being and provides it if needed.

The **physical rehabilitation technician** assists the resident in maximizing his potential to guarantee home maintenance. The technician accompanies the family and provides support to the team.

The **nutritionist** adapts the diet of the resident to his needs and tastes to provide optimal nutritional intake.

The **recreation technician** plans meaningful activities that are adapted to the abilities of the resident.

Other consultants available: pharmacist, psychologist, neuropsychologist, chaplain, respiratory therapist, etc.

Other information

- In-room meal hours
7:45 a.m. - 11:25 a.m. - 5 p.m.
- Meals are served free of charge in the cafeteria to residents upon presentation of the coupon available at the care unit.
- Mass
 - ▶ Monday at 10:15 a.m.
at the Mère D'Youville chapel
 - ▶ Saturday at 3:30 p.m.
at Place J. A. Bombardier
- Hair salon (Salon de coiffure France) on ground floor
Telephone: 819 821-1170, ext. 45215
- Partial bath in bed or at sink every day
- Tub bath and shampoo
 - ▶ Mondays