

Did you know that CCH has a Geriatric Day Hospital?





Do you, or someone you know, have concerns regarding any of the following;

- falling
- decreased general mobility
- understanding medications
- preparing meals
- dressing and bathing
- safety at home
- living arrangements
- mood
- memory
- loneliness & isolation
- physical activity

# Geriatric Day Hospital

What are we?

- **A program for seniors who require interdisciplinary professional care**

Who are we?

- **The team includes, a nurse practitioner, physiotherapist, occupational therapist & mental health counselor**

Duration of our program?

- **Program duration is 10 weeks, two mornings a week (Tuesday & Thursday 9h00-11h30)**

# What do we do?

Promote healthy living

Achieve/maintain a level of independence

Provide PHYSICAL and COGNITIVE exercise

Encourage socialization

Provide support and education

Address medical, functional & social issues



# Our daily agenda includes;

- Discussion of current events
- Cognitive stimulation & remediation
- Group exercise
- Individual cardio exercise
- Education sessions



# Admission Criteria

*Deemed an appropriate candidate following the teams intake process +*

- Clients must be 65 years or older
- Clients must require the services of at least two of our disciplines
- Clients must be willing and able to participate in a group setting (including group exercise)
- Clients must be able to manage their own continence

## In conclusion ...

*The Geriatric Day Hospital is a client centered, collaborative and rehabilitation focused program.*

*Through individual and group reconditioning, our goal is to support the person in the community, to be safe, happy and as functional as they can be.*

# Contact Us

Geriatric Day Hospital

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