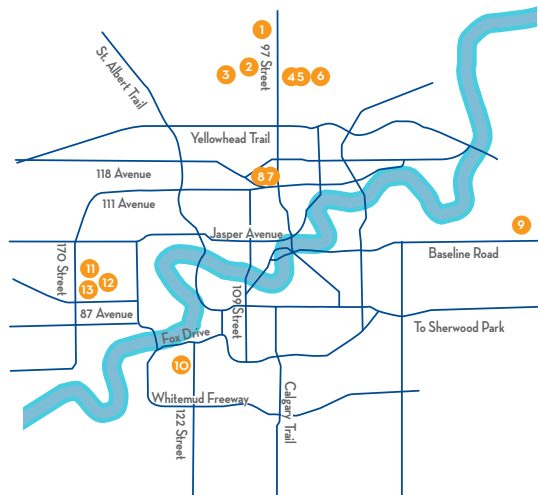


# CapitalCare GRANDVIEW

6215 - 124 Street \*  
Edmonton, AB T6H 3V1  
780.496.7100

Post-Acute Unit: 780.496.7154  
Care Manager: 780.496.7139  
Fax: 780.434.1333



\*Grandview is #10 on the map above

## Meal Services

- three meals daily, provided in the unit dining room
- menu created by a Red Seal chef - changes daily
- patients only due to limited space

## Laundry Services

- **not** provided
- please ensure family or friends can help provide this service

## Telephones

- available in team and dining rooms
- cell phones are encouraged

## Television & WiFi

- TV is available in the living room and is shared with long-term residents
- WiFi is available in common areas

## Smoking

- we are smoke-free, indoors and out
- smoking **is allowed** in a designated outdoor area that you must be able to access yourself - staff are unable to porter patients outside



## Visiting Hours

- 10am to 8pm daily
- you may be unavailable at times due to therapy

## Additional Amenities\*

### Cafeteria (Sunshine Café)

- open to patients and visitors, Mon-Fri, 9:30 am to 2pm
- hot and cold menu items\*
- vending machines\*

### Store (Hidden Treasures)

- gifts, cards, toiletries and snacks\*

### Hairdressing:\*

- by appointment only: 780.496.7125

\* additional fees for service may apply

# CapitalCare GRANDVIEW

*People Caring for People*



## Orthopedic Post-Acute Unit



Website  
capitalcare.net



Facebook  
capitalcare.edmonton



Twitter  
@capitalcareYEG



Youtube  
youtube.com/user/edmontoncapitalcare

*When it comes to your muscles, “use it or lose it” says it all! With prolonged immobility, you can lose one to three percent of your muscle strength daily.*

## Welcome to CapitalCare

We are a publicly-funded continuing care organization providing long and short-term care in Edmonton and area.

## Welcome to Grandview

CapitalCare Grandview is home to 135 residents who live here year-round. They live on the 2nd floor and the west side of the 1st floor. The Orthopedic Post-Acute Unit is on the east side of the first floor.

We believe our home-like environment will help you transition from hospital to home.

## The Orthopedic Post-Acute Unit

Whether you are recovering from injury or surgery, our goal is to help you regain your strength and function so you can manage safely when you return home.

We have four different programs. The length of stay depends on your program and is targeted to your goals and progress. Some may need more/less time:

- 1. Elective Arthroplasty Program:** hip and knee replacement.  
Targeted stay up to six days.
- 2. Fractured Hip Program:**  
Targeted stay up to 14 days.
- 3. Orthopaedic Trauma Program:**  
Targeted stay is 21 to 28 days.
- 4. Restorative Care Program:**  
Targeted stay up to 28 days.

## Regaining your Independence

You are encouraged to wash and dress yourself independently, or with minimal aid, and wear everyday clothing. You will walk to the dining room for meals, with gradually reduced assistance, eventually making three round trips per day. You will participate in physiotherapy sessions seven days a week. You will be ready to go home when you can get in and out of bed; dress and undress; go to the toilet; and walk - with assistance, if necessary.

## What to Bring

Please arrange for family/friends to bring the following items for you:

- street clothes (for comfort & ease)
- closed heel walking shoes (for physio)
- personal items such as oral care products, deodorant, and incontinence products
- your own medication, if it is not stocked by the pharmacy

**Please send any items of value home with family or friends.**

## Necessary Equipment

- may include dressing aids, walkers, bath equipment recommended by the therapy staff
- loaner equipment is available through Homecare, Red Cross Society, or a local medical supplier

## Your Care Team Includes:

### A Physician

- assigned to you at time of admission
- visits daily (Mon.-Fri.)
- an on-call physician visits daily on weekends, including long weekends
- contacts your surgeons/family physicians, if needed

### Nursing Staff

- Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and Health Care Aides (HCAs) coordinate your care
- RN on duty 24/7
- nurses are responsible for medication administration; they will also teach you to administer medication for yourself
- intravenous therapy (IV) is maintained for a short time only; PICC lines more frequently used

### Pharmacist

- checks that your medications are working for you
- answers medication-related questions

### Rehabilitation Therapists

- Physical Therapists (PT), Occupational Therapists (OT) available 7 days/week
- teach exercises and skills to gain back your strength and independence

### Lab and X-ray Services

- program staff make arrangements, if required



## White Board

- posted in your room
- shows your discharge date, tracks your upcoming appointments and rehabilitation schedule
- keeps everyone up-to-date on your mobility/assistance status

## Discharge Planning

- date determined by you and your care team at time of admission
- posted on your whiteboard

## You or your family need to arrange:

- transportation home
- getting your prescriptions to your pharmacy
- any equipment that needs to be picked up for home use
- a follow up appointment with your family physician, if needed

## The team will arrange:

- home care (if required)
- lab work collection
- forwarding information to your family physician