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

*Grandview is #10 on the map above

*Visiting Hours*
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:

   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.

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

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.