

Patient Education

Hospital Elder Life Program (HELP)



What is HELP?

The Hospital Elder Life Program is a new service provided by the West Parry Sound Health Centre to make the hospital experience of older patients better.

Who are we?

HELP is a team of staff and volunteers who make sure older patients receive the special consideration they need and the best results from their stay. The team of carefully trained volunteers works with the staff from different departments in the hospital to meet each older patient's needs.

Why?

Being in hospital can upset normal routines of mental and physical activity. This disruption can cause older hospitalized patients to lose their general physical and mental health. HELP aims to keep mental and physical health functions active and healthy, despite illness. The benefits include a better overall outcome, a speedy recovery, and helping with a smooth transition back home.

What do we do?

To keep our HELP patients in good shape, we provide the following free services when they are in the hospital.

- * Daily Visitor Program - Daily visits to keep the patient alert and orientated.
- * Mealtime Assistance - Assistance with meal set up and company during meal time.
- * Early Mobilization Program - Assistance with walking and exercises, as needed.
- * Therapeutic Activities Program - Stimulating and enjoyable activities to help keep mind and body active.

West Parry Sound Health Centre **CARES**

Compassion • Accountability • Rights & Responsibilities • Excellence • Safety

The information contained in this document are for information purposes only. They are not intended to be used as or replace medical advice given by a qualified health care provider.

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HELP has a variety of equipment and tools to facilitate activities (i.e. magnifying glasses, hearing amplifiers, cards, games, arts and newspapers). HELP aims to tailor the program to each individual's needs.

How to get involved as a patient?

The doctor, medical staff, or rehabilitation team can refer the patient to the HELP Coordinator. To join the program, the HELP Coordinator will interview the patient and/or their power of attorney (POA).

How to get involved as a HELP Volunteer?

A WPSHC New Volunteer Application will need to be completed and a short interview will be completed by the HELP Coordinator. A mandatory Police Check and Immunization Record will be requested before you start.

Once the paperwork is completed, new HELP volunteers will receive orientation on confidentiality, infection control, safety codes, and a tour of selected areas of the Health Centre. The volunteer will receive 12 hours of specialized classroom training and 12 hours of on-unit training under the direction of the HELP Coordinator.

To get involved, or for more information, please contact:

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