

Comments or suggestions

Checklist

Personal items that you must bring with you

- ◇ Eyeglasses and case
- ◇ Dental prosthesis(es)
- ◇ Hearing aid(s) in good working order and replacement batteries
- ◇ Watch
- ◇ Standard closed shoes
- ◇ Walker or cane
- ◇ Toiletries
- ◇ Undergarments
- ◇ Support stockings
- ◇ Respiratory aid equipment (CPAP machine)
- ◇ Other items :

Do not hesitate to ask our nursing staff for advice or share information about your friend or relative that could help us know more about them.

The Emergency Department

A 75-year-old friend or relative is at the Emergency Department

Information that could be useful to you during their hospital stay





You can assist your friend or relative during their hospital stay.

When persons aged 75 years or more are removed from their usual living environment, they can lose their bearings and present symptoms of disorientation, anxiety or confusion.

The Emergency Department has established a series of interventions to prevent these symptoms while maintaining each person's autonomy:

- ◇ Have them walk regularly.
- ◇ Have them sit in an armchair despite health problems.
- ◇ Offer them adequate hydration.
- ◇ Talk about general news to encourage orientation.
- ◇ Make sure that someone they know is with them when they arrive at the hospital.

How can you get involved ?

- ◇ Visit the person regularly or have someone they know visit. Seeing a familiar face helps them keep in touch with reality.
- ◇ Bring a few personal items even if they do not stay long at the emergency (ex.: eyeglasses, dental prostheses, hearing aids in good working order, watch, standard closed shoes, walker or cane).
- ◇ Remind them of the date, where they are, share news about your family or talk about current events.
- ◇ Get involved in basic care (ex: helping them walk or eat, offering adequate hydration). Ask the nursing staff how you play an active role in their care.

Practical advice

- ◇ Group all personal items in one well-identified bag.
- ◇ Leave objects of value at home (ex.: jewelry) and large amounts of money.
- ◇ Return medications that are taken at home.
- ◇ Please advise us if your friend or relative has specific habits.