

Know Your Own Medicine

- Your care team will ask for as much information as possible about medications that you were taking before coming to the care centre.
- If you are coming from home, have a family member bring in a list of all medication you have been taking, including supplements, vitamins or herbal remedies. This should include the product name, dose and time you take the product.
- If you have ever reacted to a medication or food product, tell your care team.
- You should know what your medications are for and how to take them, even if someone is helping you. It's okay to ask us if you need to.
- If the medication handed to you is different (colour, shape, size), it is okay to ask the staff to confirm you are supposed to be taking it.

Safe Bath and Shower Water Temperature

Staff will check the water temperature of all tubs and showers for a safe temperature range of 38° to 43° Celsius. You may be asked to check the water temperature using your forearm. Let your care team know if you prefer a water temperature lower than 38° Celsius. Because of risk of scalds, temperatures cannot go above 43° Celsius.

If you have any questions, contact the Client Service Manager for your unit.

Innovative Health Care

Carewest is a leading health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages. As Calgary's largest care provider of its kind, Carewest operates 14 locations and several community services aimed at helping people live more independent lives.

The Calgary Health Foundation

The Calgary Health Foundation fundraises for excellence in health care and helps ensure the quality of life for those served by Carewest. To donate, please call 403-943-0615 or visit www.calgaryhealthfoundation.ca/carewest

Calgary Health Foundation Charitable Reg. (B.N.)
89383 4697 RR0001

Philosophy of Care

In support of our Carewest Frame of Reference, our Philosophy of Care is:

To provide our residents and clients with quality care in safe, comfortable and supportive environments.



Adapted from Alberta Health Services Safer Together brochure.

www.carewest.ca

April 2022



A Safety Guide for
Residents, Clients,
their Families,
Guardians and Visitors

