

## Discharge

Planning to go home starts when you arrive. Please participate in planning a successful discharge.

Your team will discuss community resources and equipment options with you. You will get as much notice as possible of your discharge date. You are responsible for arranging your own transportation for discharge.

## Diagnostic tests and lab services

Most X-rays and blood work are provided on the unit. Access to specialized diagnostic services (bone scan, CT scan, MRI scan, etc.) is provided if required and will be arranged by your team.

## Laundry

You and/or your family/support system are responsible for personal laundry. Please speak to staff if this is difficult for you, to get more information about site-specific service options.

## Smoking

Smoking is discouraged. Ask your physician if you would like more information about quitting. Smoking is only permitted in designated areas or off the property. Staff are not able to transport you to or from smoking areas.

## Other Amenities

- Cafeteria
- Gift Shop
- Gardens
- Telephones for local calls

## Visiting and Parking

Visiting hours are flexible. Preferred visiting hours may be posted on the unit.

Family and those who support you at home are welcome to join in therapy sessions so they can see your progress and learn how best to support you. Please consult the staff about pet visits. Pay parking is available at all sites. Only credit or debit cards are accepted.

## RCTP locations in Calgary

Carewest Dr. Vernon Fanning  
722 – 16th Avenue NE Calgary  
Phone: 403-230-6945

Carewest Glenmore Park  
6909 – 14th Street SW Calgary  
Phone: 403-258-7650

Carewest Sarcee  
3504 Sarcee Road SW Calgary  
Phone: 403-686-8118

## 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 contributes to the quality of life for those served by Carewest. To donate, please call 403-943-0615 or visit our website at [www.calgaryhealthfoundation.ca/carewest.org](http://www.calgaryhealthfoundation.ca/carewest.org)

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.



[carewest.ca](http://carewest.ca)

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The information in this pamphlet is subject to change without notice.



Rehabilitation and  
Community Transition  
Program (RCTP) and  
Enhanced RCTP



## RCTP

All RCTP units are short stay units that provide additional rehabilitation or convalescence for people who, after an injury or illness, do not need to be in an acute care hospital but who cannot yet manage at home or another care setting.

Admission to the program can come from emergency, home or a family physician's office with involvement from Transition Services. Practice with Activities of Daily Living and walking is offered daily. Rehabilitation sessions with the therapies team (physical, occupational therapists or therapy assistants) may be offered up to 2-3 times a week. This will be determined by individual specific goals. Your health care team in acute care or the community can start a referral to RCTP. If you have been referred to this program, you may be transferred to any one of the sites.

## Enhanced RCTP (ERCTP)

Enhanced RCTP is designed for people who may be more medically complex and require more intensive care and therapy (for example, people with complex wounds or needing ongoing intravenous therapy). Offers in-patient care to clients requiring intensive rehab and/or high nursing needs. Rehabilitation sessions with the therapies team (physical, occupational therapists or therapy assistant) may be offered 5 times a week. This will be determined by individual specific goals.

## Your Care Team

Several members of the care team will meet you during your stay. A physician will meet you and complete an assessment shortly after your admission.

You will be visited by the physician two-to-five times a week.

A physician is always on call after hours and on weekends and holidays.

## What's your role on the care team?

- Understand that everything you do is therapy.
- Participate to the best of your ability in dressing, exercising, walking, and dining.
- Your team will help you do as much as you can for yourself.
- Your family or support system is encouraged to be involved as much as possible.
- Your team will work with you to design a program to meet your goals.



## What to Bring

- Medical equipment or supplies you use every day (CPAP, compression stockings, wheelchair);
- Don't bring your mobility aid or walker if your walking has changed recently;
- Comfortable street clothes and underwear;
- Supportive walking shoes;
- Pajamas, housecoat, slippers or non-slip socks;
- Personal toiletries;
- Leisure items like books or devices.

Personal items are kept at your own risk. Please send valuables home with your family or friends.

## Rooms

Most people share rooms and washrooms in RCTP.

It is likely that your room may change during your stay.

There is no charge to you for recovering on an RCTP unit.

If you are not able to return to your home, alternate arrangements will be discussed that may involve cost.

## Television and Internet

Televisions and public telephones are available in common-area lounges and free WIFI is available on the unit.

## Meals

Meals are served in the dining room three times a day with options to meet individual dietary needs. Daily choices are available and family are welcome to bring food from home. Seating is limited so please speak to staff if you want to have a meal with visitors. Meals and snacks are available for purchase.

## Appointments & Transportation

Your family or friends may be asked to go with you to appointments arranged by your doctor. This is very helpful. If you need help, please ask your team.

## Passes

Going out away from the building is an available option. Speak to your healthcare team and physician to make arrangements.