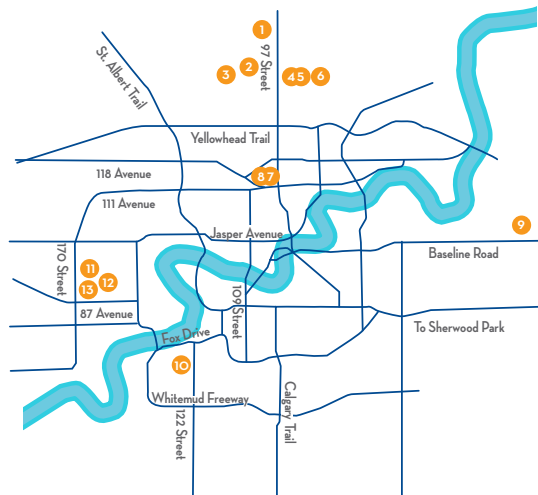




10410 - 111 Avenue*
Edmonton, AB T5G 3A2
780.496.3200

3AMP: 780.496.3269
Care Manager: 780.944-8667
Fax: 780.496.3258



*Norwood is #8 on the map above

Meal Services

Our menus are created by Red Seal chefs and change daily. Meal times are:

Breakfast: 8:45AM - 9:45AM
Lunch: 12PM- 1PM
Dinner: 5PM - 6PM

Meal vouchers for friends and family can be purchased from the reception desk on the main floor (2 hours notice is preferred).

Laundry Services

A washer and dryer is available on the unit for patients to use. Please provide your own laundry products. Contact Social Worker if assistance is needed.

Telephones & WiFi

Cell phones are encouraged. Telephones for making local calls and Shaw Go Wifi are available.

Television

Cable can be set up in your room for a service fee. Price lists, terms and conditions are posted on the unit information board by the elevator. Cable must be pre-paid at the front reception desk on the main floor.

Smoking

We are smoke-free environment. Smoking is **only** permitted in the designated outdoor area at the back entrance. Staff are unable to porter patients to the smoking areas.

Hairdressing

Services are available on site. Price lists are posted on the unit information board by the main elevators. Contact the unit clerk for booking details.

Additional Amenities

Cafeteria (Chatters)

Main floor North Pavilion. Open Mon - Fri from 9AM- 12:45PM. Cash only.

Store (Tuck Shop)

Main floor by the front entrance. Hours vary. Cash only.

Vending Machines

Available on the main floor by the front and back entrances.

Parking

Hourly and daily parking is available for purchase by using the self-serve meters by the front entrance. Weekly and monthly parking passes can be purchased at the front reception on the main floor.



People Caring for People



Website
capitalcare.net



Facebook
capitalcare.edmonton



Twitter
@capitalcareYEG



Youtube
youtube.com/user/edmontoncapitalcare

Restorative Care

“We provide care with you rather than for you; we set goals together that you can reach: getting moving is your first step”.

Welcome to CapitalCare

We are a publicly-funded continuing care organization providing long and short-term care in Edmonton and area.

Welcome to CapitalCare Norwood

CapitalCare Norwood specializes in complex continuing care. The Restorative Care Program is located on the 3rd floor (3AMP) of the Angus McGugan Pavilion. A Post-Acute unit is located on the 4th floor (4AMP). Long-term care residents live on the 2nd floor (2AMP) and a Palliative Care Hospice is on the main floor (1AMP).

Welcome to Restorative Care

What is Restorative Care?

Restorative Care is about helping you improve and maintain your wellness so you can continue to function as independently as possible.

The care team will work with you to find out what your functional abilities were before you became ill. We will assess your abilities now, personalize your care plan and establish your new goal for yourself.

Both individual and group activities are offered to help achieve your goals.

Average length of stay is 4-6 weeks, but can change depending on your progress and functional ability.

Regaining your Independence

We encourage you to move to and from the dining room for your meals. We also encourage you to participate in your personal care such as washing, dressing, grooming and toileting when able.

Family members and friends are encouraged to support and participate in your program as much as possible. The Restorative Care Team can provide specific tips/ideas on how best to help.

What to Bring

- comfortable street clothes, pajamas, housecoat, slippers
- closed heel walking shoes; non-slip socks and shoes
- personal toiletries (toothbrush, toothpaste, body wash, shaving supplies, brush, deodorant, incontinent products, laundry detergent, etc.)
- supplies for pre-existing medical conditions (CPAP machine, etc.)
- medication that cannot be supplied by our on-site pharmacy
- necessary equipment such as hearing aids, glasses, dressing aids, walkers, canes, etc.

Please send any items of value home with your family or friends.

About your Room

There is a bathroom, closet and nurse call in every room. We also provide a lockable nightstand for securing your personal belongings. **Request a key from a staff member if needed.**

The [white board](#) in your room helps keep track of your planned discharged date, upcoming appointments, rehabilitation/exercise schedule, mobility/assistance needs.

Your Care Team

Your care team consists of many different health care professionals:

- Physicians (weekly rotations)
- Physiotherapists (PT)
- Occupational Therapists (OT)
- Therapy Assistants (TA)
- Registered Nurses (RN)
- Licensed Practical Nurses (LPN)
- Health Care Aides (HCA)
- Transition Coordinators (TC)
- Social Workers
- Dietician
- Pharmacists

Your family is also an important part of your care team!

No specific visiting hours are set in place. For safety and security reasons, the main doors to the building are locked at 7:30PM.



Discharge Planning

The discharge process starts on the day you are admitted. We work with you and your family to ensure your needs are met prior to going home.

You or your family will need to arrange:

- transportation home
- a designated pharmacy and someone to pick up prescriptions from the pharmacy
- any equipment that needs to be picked up for home use
- any follow up appointments

Our care team will arrange:

- homecare (if required)
- blood work collection (if required)
- forwarding information to your family physician.