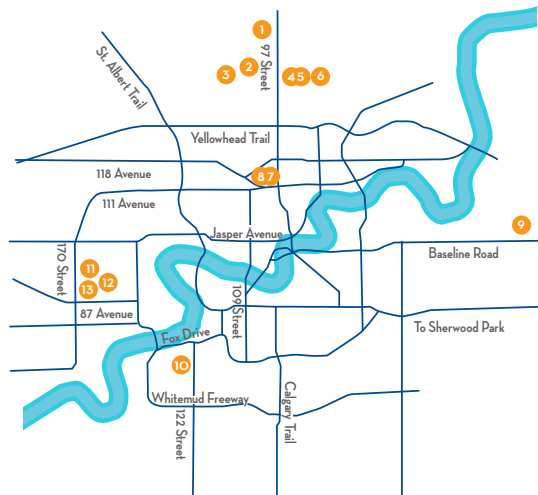




10410 - 111 Avenue\*  
Edmonton, AB T5G 3A2  
780.496.3200

4AMP: 780.496.3265  
Care Manager: 780.496.3296  
Fax: 780.496.3203



\*Norwood is #8 on the map above

### Meal Services

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

Breakfast: 8am - 9am

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 required).

### Laundry Services

A washer and dryer is available on the unit for patients to use. Please provide your own detergent, etc.

### Telephones & WiFi

Cell phones are encouraged. Telephones for making local calls and Shaw Go Wifi are available in the common rooms.

### Television

Cable can be set up in your room for a 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, indoors and out. Smoking **is allowed** in a designated outdoor area at the back entrance. Staff are unable to porter patients to the area.

### Hairdressing

Services can be purchased at reception. Price lists are on the unit information board. The unit clerk books your appointment once you provide them with the voucher.

### 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

Main floor by the front and back entrances.

#### Parking

Hourly and daily parking; purchase from meters by the front entrance. Weekly and monthly passes; purchase at front reception on main floor.



*People Caring for People*



Website  
capitalcare.net



Facebook  
capitalcare.edmonton



Twitter  
@capitalcareYEG



Youtube  
youtube.com/user/edmontoncapitalcare

**Post-Acute Unit**

*When it comes to your muscles, “use it or lose it” says it all! With prolonged immobility, you can lose one to three percent of your muscle strength daily.*

## 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

Once a traditional long-term care centre, CapitalCare Norwood now specializes in complex continuing care. The Post-Acute Unit is located on the 4th floor of the Angus McGugan Pavilion (4 AMP). A Restorative Care Unit is on the 3rd floor (3AMP). The majority of Norwood’s long-term care residents live on the 2nd floor (2AMP). A Palliative Care Hospice is on the main floor (1AMP).

## Welcome to 4AMP

When on 4AMP, you will have your own personalized rehabilitation program geared towards your needs.

The rehabilitation program focuses on regaining your strength and function so that you can safely manage activities of daily living when you return home.

Your length of stay depends on your program and is targeted to your goals and progress.

Our home-like environment will help you transition from hospital to home.

## Regaining your Independence

It is an expectation that you try walking to and from meals and participate in your own care including; washing, dressing, grooming and toileting.

If necessary, a physiotherapist (PT) and/or occupational therapist (OT) will introduce additional exercises and skills to assist you in gaining back your strength and independence.

## What to Bring

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

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

## About your Room

There is a bathroom, closet and nurse call bell in every room. We also provide a lockable nightstand for securing your personal belongings. **Request a key from a staff member and ensure you return it when you are discharged.**

Private rooms are required for those individuals who require isolation precautions, have complex wound care needs, require closer monitoring, or require palliative care. **(Room changes are possible at any time, especially when occupying a private room).**

The **white board** in your room helps keep track of; your planned discharge date; upcoming appointments; rehabilitation/exercise schedule; mobility/assistance needs.

## Your Care Team

Your care team consists of many different health care professionals:

- Physicians
- Physiotherapists (PT)
- Occupational Therapists (OT)
- Registered Nurses (RN)
- Licensed Practice Nurses (LPN)
- Health Care Aides (HCA)
- 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 lock 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
- getting your prescriptions to your pharmacy
- any equipment that needs to be picked up for home use
- any follow up appointments

**Our care team will arrange:**

- home care (if required)
- blood work collection (if required)
- forwarding information to your family physician