
Welcome

to the Geriatric Assessment Unit

Welcome to the Geriatric Assessment Unit (GAU) – A1

**We're located at the Ottawa
Hospital, Civic Campus on the first
floor**

The GAU is designed to provide a thorough assessment of your abilities in all areas (physical, cognitive, functional). Our goal is to help you manage your health care problems and to maximize your independence. The team members will help you set goals and work with you to achieve them. We provide you with recommendations to help you remain as independent as possible.

Our team members include:
Geriatrician, Nurse, Occupational Therapist, Physiotherapist, Social Worker, Speech and Language Pathologist, Dietician, Pharmacist, Rehabilitation Assistant and Volunteers. **You** are the most important member of the team.

What to Expect of your Stay

This is a different type of hospital unit. We encourage you to participate in planned therapies each day. These will help you increase your independence.

Typical Therapies include:

Activities of Daily Living: You will be asked to get dressed in the morning and spend your day up and out of bed. Doing a little more each day will help your recovery.

Physiotherapy: Exercise programs are delivered on an individual basis or in a group setting by the physiotherapist or rehabilitation assistant.

Occupational Therapy Groups: Weekly groups are organized to help patients address issues such as endurance, memory, communication, and concentration.

During the day, you may also be scheduled for various tests, assessments and treatments with team members.

Cash/valuables

Valuables, large sums of money, credit cards and jewelry should not be brought to the unit. *The hospital is not responsible for lost or stolen valuables.*

A hairdresser is available on request. You will be asked to pay by cash or cheque.

If you want a phone or a TV, you will need to pay with cash or credit card.

DISCHARGE PLANNING

A conference with you and your family may be arranged if required to discuss the team's assessments and recommendations.

When you are ready for discharge from the GAU, a detailed report will be sent to your family physician who is responsible for your ongoing care.

VISITING HOURS:

3.00 pm – 8.00 pm

We ask that visitors respect this schedule to allow us to work with you during the daytime hours.



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