The John and Jennifer Ruddy Geriatric Day Hospital
Bruyère Continuing Care is the champion of well-being for aging Canadians and those requiring Continuing Care, helping them to become and remain as healthy and independent as possible through innovative and compassionate care, research, education and advocacy.

**Bruyère Continuing Care provides:**
Complex Continuing Care  
Palliative Care  
Rehabilitation Care  
Care of the Elderly  
Long-Term Care  
Family Medicine Care  
Research for Care

**Bruyère Continuing Care is:**
Élisabeth Bruyère Hospital  
Saint-Vincent Hospital  
Élisabeth Bruyère Research Institute  
Saint-Louis Residence  
Élisabeth Bruyère Residence  
Bruyère Family Medicine Centre  
Primrose Family Medicine Centre  
Bruyère Foundation

www.bruyere.org
The John and Jennifer Ruddy Geriatric Day Hospital is a bilingual outpatient program that provides assessment and treatment to seniors with complex medical issues.

The program’s goal is to give elderly people the tools needed to enhance their well-being and ability to live independently in the community. It aims to keep these seniors healthy and safe in their homes for as long as possible.

An inter-professional team which includes: dieticians, nurses, occupational therapists, pharmacist, physicians, physiotherapists, psychometrist, recreational therapist, social workers, and speech language pathologist work closely with clients to set goals and implement a personalized therapeutic program that can last up to 10 weeks. Clients participate in the program twice a week for a full or half day, depending on their treatment needs.

Client Profile
We address the needs of clients over the age of 65 who have had changes in function and who have the potential to improve and/or optimize their health and function.
Clients who are aged 60 to 65 will also be considered for admission to the John and Jennifer Ruddy Geriatric Day Hospital program based on their identified needs for specialized geriatric care.

Admission Criteria
To be considered for admission to the John and Jennifer Ruddy Geriatric Day Hospital, a client must require two or more of these needs to be addressed:

- Mobility/Transfers
- Falls
- Activities of daily living (ADLs), such as:
  - feeding
  - bathing
  - dressing
  - grooming
- Functions that help the clients live independently at home such as:
  - Doing light housework
  - Preparing meals
  - Taking medications
  - Shopping for groceries or clothes
- Using the telephone
- Managing money
- Cognitive issues and mood issues that are affecting function
- Medication management
- Swallowing and communication
- Nutrition and hydration

A Typical Day at the John and Jennifer Ruddy Geriatric Day Hospital
Clients are greeted at 75 Bruyère by an employee or volunteer and escorted up to the fourth floor where the day hospital is located. Once clients arrive at the Day
Hospital, their day consists of various appointments for therapy, education, exercise or assessment with the health care professionals involved in their care. They may see several professionals each day as they work toward their individual goals to improve their function, independence and safety. These appointments are a combination of one-on-one and group sessions.

Those clients who require more assistance and supervision are greeted at the main entrance and escorted to the program. The same process takes place at the end of the day. Clients attend full days or half days depending on their needs and tolerance. Those attending full days are asked to bring their lunch.

**Discharge**

Upon discharge from the program, clients will have information on falls prevention, community resources, individualized health information and a home exercise program based on their individual goals and needs.
A summary of the clients' course of stay and progress is sent to their Family Doctor.

Contact
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