

Pembroke Regional Hospital

705 Mackay St.
Pembroke, ON. K8A 1G8
(613) 732 - 2811 EXT. 8048

Welcome to **Renfrew County** **Mobile Geriatric Day Hospital**



Enhancing Seniors Independence and Quality of Life

At Renfrew County Mobile Geriatric Day Hospital, we offer seniors age 75+ a program aimed at increasing both their independence and their quality of life. We do our best to assist seniors in achieving these goals while they continue to live as safely as possible for as long as possible where they most want to be; at home in the community.



We were founded with person-centred care in mind, and we remain committed to treating all those in need. Our highly skilled team of professionals take great pride in providing our community with quality care that is as unique as each individual's circumstances. Learn more about what sets us apart from other health care services. Contact a member of our team today at (613) 732-2811 ext. 7110.

Services

We offer information and support to help seniors take back control of their health. We assist individuals to better cope with a variety of health issues including arthritis, osteoporosis, diabetes, stroke, dementia, pain management and medication review. Our program focuses on health promotion and offers practical strategies aimed at preventing debilitating illness or injury. Services from counselling, memory and safety assessments to individualized exercise programs that minimize risk for falls all aim to promote our seniors' independence. Our professional team is here to guide patients and their families

throughout their health journey every step of the way. This includes providing timely assessment and treatment for physical, cognitive, emotional and psychological concerns. It may also involve connecting seniors and their families to appropriate community programs and support services. Our team strives to meet patients and their families exactly where they are at, assisting them in navigating the complex health care system, making a clearer path into the future.

Our Team

Services are offered by an interdisciplinary team who have special interest, training and experience in care of the elderly. The team includes a physician, registered nurse, physiotherapist, occupational therapist and a social worker. All provide individual assessments and/or treatment during admission to the program.

What happens when I join?

Typically patients attend the program for 1-2 hours per week for up to 8 weeks, depending on individual goals and specific needs.

What will happen on my first visit?

When you come in for your first visit, we encourage you to bring along someone who knows you well, such as a family member or a friend. Expect to stay at least an hour and a half as you will meet at least 3 different members of the team individually, including our physician. Our goal is to get to know you from a physical, cognitive, emotional and social perspective in order to understand your unique needs and develop a plan of care.

What is my role?

Your role is to participate. It is important that you work with the team to develop and achieve your goals. Change is not always easy. The more effort you are willing to put in, the more benefits you will see.

What do I need to bring?

On your first visit, we ask that you bring in all your medications that you are currently taking (including puffers and/or over-the-counter and herbal remedies).

Our program includes some gentle exercise. Dress comfortably in casual clothes that allow you to move freely. Good supportive shoes are a MUST (NO high heels,

backless shoes or sandals please). To each session, it is also important that you bring any walking aid that you normally use, or that has been previously recommended for you such as a walker or a cane.

How many locations are there?

There are currently two locations: Pembroke and Renfrew.

How do I get to the Pembroke Location?

We are located at 705 Mackay Street in Pembroke, in Tower D, Pembroke Regional Hospital. There is a map on the main page of our site.

How do I get to the Renfrew Location?

We are located at 500 Raglan Street North in Renfrew. The building is offsite from Renfrew Victoria Hospital (slightly behind the main hospital). There is a map on the main page of our site.

Do I need to pay for parking?

Yes, the Pembroke location has parking off of Mackay Street at a cost of \$7.00 maximum per day. The Renfrew location is \$5.00 maximum per day. Should you have difficulty covering the cost of parking please speak to our staff.