

**WELCOME TO C2
GATU**

Information for Patients and Caregivers

PRHC

Peterborough Regional
Health Centre

One team, here when you need us most.

www.prhc.on.ca



This booklet has information about

My healthcare team members

What I need to know
while staying on GATU

4Ms framework

Partnering with families

Care agreement

Directions to get to the unit

**Out of respect for staff and clients
with severe allergies**

C2 IS CITRUS FREE ZONE



Do not peel or eat in this area.

About C2 GATU

Welcome to C2

There are two types of care provided on C2:

Complex Continuing Care (CCC)

These patients are medically stable but need a higher level of ongoing care than can be safely provided at home or in a traditional long term care setting. This may include close monitoring, specialized nursing support, or assistance with complex medical needs.

Geriatric Assessment and Treatment Unit (GATU)

These patients require additional time and support to regain their strength after an illness or injury before safely returning home. Their care focuses on rehabilitation, recovery, and achieving personal goals for independence.

Our Team on C2

Staff are trained and equipped to manage a wide range of complex health issues, including delirium, wound care, rehabilitation needs, feeding tubes, antibiotic treatments, and challenges related to aging and healing.

Location:

Peterborough Regional Health Centre
GATU
Level 2 C2
One Hospital Drive
Peterborough, ON
K9J 7C6

Primary: 705-740-8064

Secondary: 705-743-2121 x. 8064

Room Amenities

Each room is equipped with a bed, overbed table, bedside cabinet and chair and, over bed TVs.

Whiteboards will be displayed for each patient that will be updated at a minimum of once per shift. Patients and families are encouraged to add to the information.

My room is:

My mealtimes are:

Who is a part of my healthcare team?

The interprofessional team on the unit includes:

Physicians and Nurse Practitioners

C2 is led by a Nurse Practitioner (NP) with physician support. They assess you, manage your medical condition and direct your care.

Nurse (RN, RPN)

Provides care and attention to you while you are on the unit. During your stay, nurses will continue to assess your condition and provide medications and treatments you require. Nurses also support the therapists to help you do as much for yourself as possible. They will work with you to do your activities of daily living, such as bathing dressing, and toileting.

Occupational Therapy

Occupational therapists (OTs) help you to become as safe and independent as possible with your everyday tasks and help you achieve your goals that you will need to do at home.

Physiotherapy

The physiotherapist will work towards your goal of increasing abilities. They support you as you recover, through the use of exercises specific to you. The exercises help you regain strength, coordination, balance, and movement

Rehabilitation Assistant (OTA, PTA, RA)

Rehabilitation Assistants work closely with your occupational therapist and physiotherapist to help you in your journey to recovery. They will assist you with activities of daily living, movement, and exercise.

Recreation Therapy

Recreation therapists offer activities to improve your physical functioning. They also provide information about recreation programs and services in your community. Active participation in recreated programs promote a positive recovery.

Home and Community Care Coordinator

The Home and Community Care Coordinator works with your healthcare team to determine what home care services are needed for your return home.

Registered Dietitian

A Registered Dietitian (RD) will assess your nutritional status while you are on GATU and may recommend a special diet to ensure your nutritional needs are met while you are here.

Speech Language Pathologist (SLP)

While you are in hospital, the SLP can assess any swallowing difficulties. They can provide swallowing management including strategies and safe liquid and food textures.

Pharmacist

While you are a patient on GATU, the pharmacist ensures that you are receiving medications in a safe manner. They do this by reviewing your medications and making sure the doses are right for you. The pharmacist's goal is to optimize your medications, prevent drug reactions and to get you home safely once you have recovered.

Spiritual Care

Spiritual Care Providers are clinically trained professionals and are part of the healthcare team. They support and serve those of any faith and those of no particular faith and are respectful of different cultural traditions and religious backgrounds.

Personal Items to bring

If you use eyeglasses, dentures and/or hearing aids, please bring them with you. Remember extra batteries for your hearing aids.

You will be getting dressed each day, please ensure you have appropriate day clothing, pajamas or nightgown, bathrobe, and a pair of sturdy shoes with non-slip soles.

You will also need a toothbrush, toothpaste, soap, shampoo, brush or comb, body/hand lotions (unscented only), cosmetics and shaving items.

Experienced patients always try to bring something comforting, something for warmth, and something for entertainment to pass the time.

PRHC is a scent-free environment. Strong perfumes or scents can cause severe allergic reaction in some people. Please respect our patients, visitors, and staff by not using perfumes, body lotions, colognes, aftershaves or other strongly scented products while at the Health Centre.

- Socks
- Slippers
- Books
- Hearing aids
- Toothbrush and denture care
- Glasses
- Sweater
- List of contact numbers
- Hairbrush
- Shampoo
- Note pad
- Pajamas
- Pants
- Non-slip sturdy shoes
- _____
- _____
- _____

Please note that laundering your clothing is the responsibility of the patients and/or caregiver.

What can I expect during my stay?

How long will I be on GATU?

Each person's rehab journey is unique and each person's recovery time will be different. Preparing for your discharge begins on the first day. How long you stay on GATU is based on your individual goals, progress and participation, care needs the type of supports you may need at the time of discharge.

Information about your discharge plans will be discussed with you during your stay on GATU. If you have any questions about your care you can ask any member of your care team.

The care team meets daily and weekly to review each person's progress and goals. The stay on GATU is usually two (2) weeks to eight (8) weeks. During this time, the team will work with you to plan for next steps of your recovery.

The team will determine when you can be safely discharged home or if you require alternative level of care.

My Daily Schedule

A care plan will be created with you and your care team. It will be designed to replicate what you need to be able to do at home, such as washing, dressing, walking, getting to the bathroom.

You will be asked to take part in daily activities that will help you gain back your independence. This may include lunch and dinner in the dining room.

You will be encouraged to get up to your chair for all meals, sit up in your chair when you have visitors, do gentle exercises on your own throughout the day, in bed or chair – we can show you how.

Let us know what you are normally able to do so we can make sure your care is aimed at returning you to your usual abilities. Participation in GATU activities and therapies is expected.

Resources

Along with this booklet, you and your caregiver/family will be provided a series of other resources on the following topics:

- Delirium
- Supporting the hospitalised older adult
- End PJ Paralysis
- A watch your step guide
- And more.



End Pyjama Paralysis

4Ms framework

C2/GATU will be providing care using the 4Ms framework.

What Matters

Know and align care with each older adult's specific health outcome goals and care preferences including, but not limited to, end-of-life care, and across settings of care.

Medication

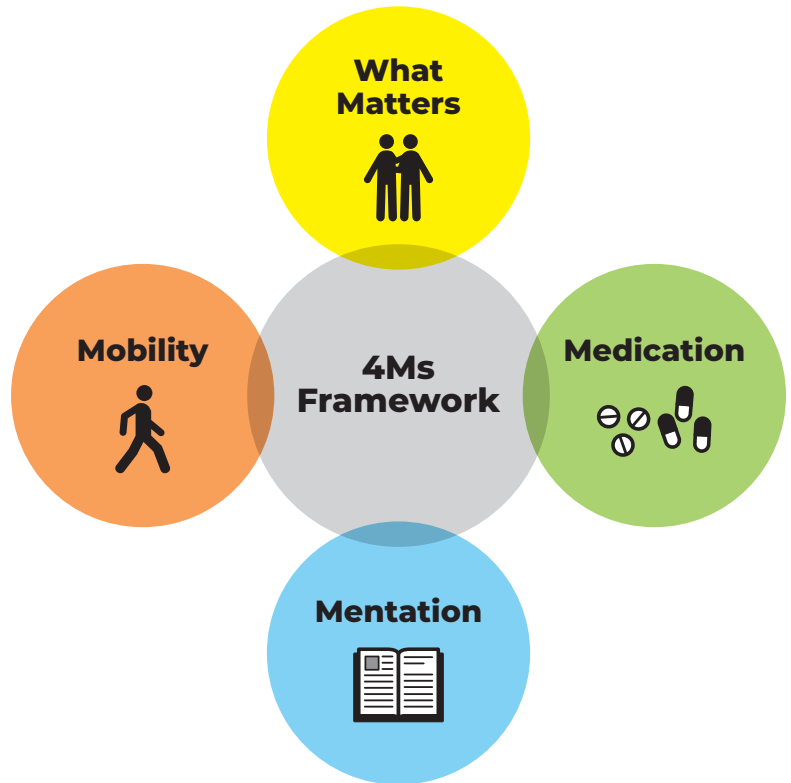
If medication is necessary, use Age-Friendly medication that does not interfere with What Matters to the older adult, Mobility, or Mentation across settings of care.

Mentation

Prevent, identify, treat, and manage dementia, depression, and delirium across settings of care.

Mobility

Ensure that older adults move safely every day in order to maintain function and do What Matters.



Partnering with caregivers and family

Family Presence

We know how important it is for you to have your family members and partners in care involved in your care and care planning. Our family presence policy expands on the standard visiting hours to 24/7 access for partners in care, allowing them to spend more time with you

A care partner is someone...

- Identified by you, who is significant to your well-being.
- You decide you want involved during your stay at hospital.
- You define as your care partner(s) and how they will be involved in care, care planning and decision making

Patient, family/caregiver agreement

It is expected that patients and their family/caregiver understand that discharge will take place from the unit back to the community.

To our valued patients, family members, and care partners:

Our commitment is to provide patients with the safest and most appropriate care. GATU is a slow stream rehab admission area of the hospital. With the average stay ranging from two (2) weeks to eight (8) weeks.

We ask that patients and families work cooperatively with their care team to discuss timely discharge options when patients have reached the end of their treatment on GATU. There will be patients who must be transferred to a more appropriate unit to wait for their discharge destination to become available.

Discharge planning

The expected length of admission on GATU is two (2) weeks to eight (8) weeks.

The team will start working with you immediately after you are admitted helping develop your discharge plans and steps to get back to the community.

Participation and functional gains are part of the agreement with admission on GATU. Once a patient's functional gains have reached the planned goal or a plateau, a case conference may be held to discuss the discharge plans.

If you have any questions about your discharge plan you can speak to any member of your care team.



**Regain your strength
and confidence.**

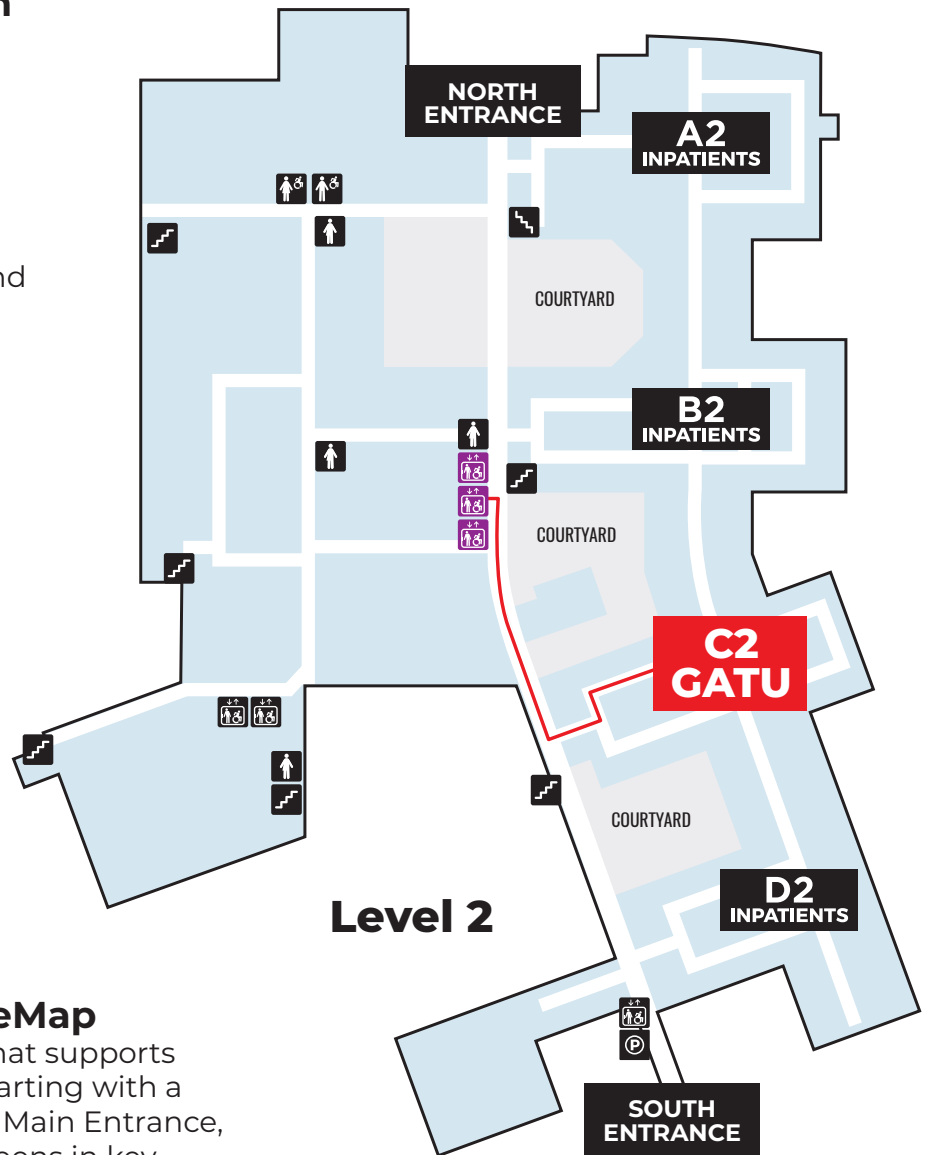


Get home sooner.

How to get to GATU

From Central Registration (main entrance)

- ➡ Head to the spine elevators
- ⬇️ Take elevators to Level 2
- ⬅️ Exit elevators and turn right
- ➡ Turn left at the first corridor and follow the signs to GATU



Find your way using MazeMap

MazeMap is a GPS-enabled tool that supports wayfinding within the hospital, starting with a new touchscreen kiosk inside the Main Entrance, or one of four additional touchscreens in key locations throughout the hospital building.

How to use Maze Maps

- 1 Tap the screen to get started.
- 2 Search for or add the location you are looking for.
- 3 A map and the best route for you to take will pop up.
- 4 Optional: scan the code on the screen to add the directions to your phone.





Peterborough Regional Health Centre is now an Age-Friendly Health System participant. For more information, visit www.ihl.org/agefriendly.

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Form #5503, Revised, March 2026