



HELP



North Wellington Health Care Presents the Hospital Elder Life Program

What is HELP?

The Hospital Elder Life Program is a service provided by the Hospital that seeks to improve the hospital experience of older patients. HELP utilizes interventions to keep older people oriented to their surroundings, mobile within the limitations of their physical condition, while meeting their needs of nutrition, hydration and sleep.

Why HELP?

Being in the hospital upsets normal routines of mental and physical activity just at the time a person is coping with illness. This disruption can cause older

hospitalized adults to lose their general mental and physical ability to function. HELP keeps the mind and body as active as possible in spite of illness, benefiting the patient and promoting recovery.

What HELP Does

With guidance from the ELS and ELNS, volunteers will conduct the following interventions with HELP patients.

- *Daily Visitor Program:* daily visits providing cognitive orientation, communication and social support
- *Therapeutic Activities Program:* stimulating and enjoyable activities to help keep the patient's mind and body active.

- *Early Mobilization:* daily walking and exercise assistance.
- *Hearing and Vision Protocol:* hearing and vision adaptations and equipment
- *Feeding Assistance Program:* provides company and assistance at meals if necessary

The HELP team

Elder Life Specialist

Elder Life Nurse Specialist

Interdisciplinary Support Staff

Carefully Trained Volunteers

Enrollment Criteria for HELP Patients

Inclusion Criteria

- Age 70+ on H.E.L.P. Unit
- At least one risk factor for cognitive or functional decline
- Risk Factors include: Cognitive Impairment, Mobility or ADL impairment, Vision Impairment, Hearing Impairment or Dehydration
- Able to communicate verbally or in writing. Nonverbal patients who can communicate in writing are included

Exclusion Criteria

- Coma or Mechanical Ventilation
- Aphasia or Severe Dementia
- Terminal Condition, comfort care only
- Combative or dangerous behaviour
- Psychotic Disorder that prevents participating in interventions
- Airborne Precautions or Neutropenic Precautions
- Discharge within 48 hours of admission
- Refusal by patient, family member or physician