

Functional Rehabilitation Transition Unit (UTRF)

What will happen during your stay?

- The UTRF welcomes seniors, offering them evaluation, treatment and rehabilitation services. You will meet various health care professionals based on your particular needs.
- After your evaluation, we will work with you on setting goals to increase your level of autonomy.
- During your stay, you may need to undergo specialized exams at other health facilities. If this happens, one of your loved ones will be asked to accompany you.
- During your stay, if you experience any complications that require active medical care, the doctor and nurse will arrange for you to be sent to an acute-care hospital. They will also notify your loved ones.



How long will your stay last?

- Your stay at the UTRF will last from 40 to 50 days. If your recovery is going well, you may be able to leave in less than 40 days. If your recovery is slower, you may need to stay for more than 50 days.
- Depending on your needs, your family doctor and CLSC will provide follow-up care after you leave the UTRF.

More information

- Your medications are provided.
- You may ask for temporary leave.
- Fees are based on the Hospital Insurance Act.
- Free visiting hours (in keeping with rehabilitation sessions).
- Your loved ones are responsible for your laundry.
- Parking is available (information onsite).
- No smoking on the unit.

What will you need?

- Your health insurance card and any other hospital cards.
- Clothes (pants, shirts, dresses, underwear, socks, etc.) and sleepwear (nightgown, pyjamas).
- Slippers and walking shoes.
- Personal care items (soap, toothbrush, toothpaste, hairbrush, razors, deodorant, makeup, tissues, etc.).
- Self-help aids (cane, walker, etc.).
- Entertainment items (books, board games, radio, etc.).



**A multidisciplinary team
of caring health professionals,
that includes:**

- Coordinators
- Occupational therapists
- A consulting geriatrician
- Nurses
- Nursing assistants
- Doctors
- Nutritionists
- Pharmacists
- Physiotherapists
- Orderlies
- Physical rehabilitation therapists
- Social workers



Produced by Lucie Paradis, (Head of Admissions at the UTRF)
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Four facilities at your service

➤ **Hôpital Sainte-Anne-de-Beaupré**

11000, rue des Montagnards
Sainte-Anne-de-Beaupré, Québec
G0A 1E0 Tel.: 418 827-3726



Centre de santé et de services sociaux
de Québec-Nord

➤ **Édifice du Christ-Roi**

900, boul. Wilfrid-Hamel
Quebec City, Quebec
G1M 2R9 Tel.: 418 682-1762



Centre de santé et de services sociaux
de la Vieille-Capitale

➤ **Hôpital Chauveau**

11999, rue de l'Hôpital
Quebec City, Quebec
G2A 2T7 Tel.: 418 842-3651



Centre de santé et de services sociaux
de Québec-Nord

➤ **Jeffery Hale Hospital**

1250, chemin Sainte-Foy
Quebec City, Quebec
G1S 2M6 Tel.: 418 684-5333



Functional Rehabilitation Transition Unit



**Beds available in the
Capitale-Nationale Region**