



#### YOUR TEAM (CONTINUED)

**Therapeutic recreation:** Recreational therapy supports residents' goals to improve their health and quality of life through a variety of recreational activities, including individual and group choices. A comprehensive leisure assessment is completed upon admission, and an individualized plan of care is developed with each resident's input to establish a meaningful activity program.

**Dietary services:** A registered dietitian will evaluate your needs and make appropriate recommendations to your physician. Individualized diet education is provided based on residents' specific needs. Meals and snacks may be personalized to your needs and desires.

**Pharmacy:** All medications must be ordered by your physician. Medications are available through the McLaren pharmacy. Whether a new medication or a medication you have been taking at home, your physician here at the TCU along with your nurse will manage your medication regimen.

**Respiratory therapy:** Any oxygen therapy or breathing treatments ordered by your physician will be available through the Cardio-Pulmonary

department. **Diagnostic imaging:** Any x-rays, ultrasounds or other nuclear medicine tests ordered by your physician will be performed at the Radiology department.

**Lab services:** Any blood tests or other specimen testing will be performed by the Laboratory department.

**Wound management/Enterostomal therapy:** When needed, specialists are available to provide care and instructions for all types of ostomies and wounds.

#### DISCHARGE

Soon after your admission to the TCU, our social worker will begin discussing your discharge plan with you. Assistance will be given in making referrals to various community resources to assist you and your family in planning for your discharge. The TCU residents can take advantage of home care services through McLaren Visiting Nurse and Hospice or any agency of their choice.



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# TRANSITIONAL CARE UNIT





## TRANSITIONAL CARE UNIT

The Transitional Care Unit (TCU) is dedicated to facilitating the transition from acute care to home. The staff is committed to individualizing care for each resident in a more homelike setting. The goal of the TCU is to promote independence and assist each resident to reach or maintain the highest state of practicable physical, mental and psychosocial well-being.

### ABOUT THE UNIT

The TCU is a 19-bed skilled nursing facility located within McLaren Lapeer Region. There are seven private rooms and six semiprivate rooms. Being located within the hospital provides patients and family members with a higher sense of security and peace of mind compared to care provided at off-site nursing homes.

The skilled nursing care provided in the TCU is governed by criteria outlined by CMS and is also licensed by the state of Michigan. The unit is designed for patients ready for hospital discharge but not quite ready for home. The TCU will ease your transition. A specially trained staff is committed to providing high-quality care to meet your individual needs but in a more relaxed setting than an acute care hospital unit. A dining room/family area with a nourishment center and big-screen TV is available for meals, relaxation and ongoing activities provide opportunities to socialize.

## RESIDENT SERVICES

A resident handbook will help answer your questions, explain necessary policies and procedures and acquaint you with the TCU at McLaren, an affiliate of McLaren Health Care. This will be given to you upon admission.

The TCU staff will provide you and your family with education pertaining to your specific needs.

## YOUR ADMISSION TO THE TCU

Most admissions to the TCU will follow a three-day hospital stay, during which time your nurse, case manager and physician will discuss your needs for care following discharge. If it is decided by you and your physician that the TCU best meets your recovery needs, your physician will discharge you from the hospital. You will then be transferred to the TCU and admitted.

## WHAT TO BRING

The TCU is a relaxed environment. Our residents dress in street clothes whenever possible. Please bring comfortable, casual and loose-fitting clothing, such as sweat suits and shoes with nonskid soles.

You may also bring family photos, a favorite throw or anything that will make the TCU feel like home.

## PROFESSIONAL SERVICES

**Care team:** Your plan of care is coordinated by interdisciplinary team that develops a treatment plan to meet your specific individual needs with input from you and your family.

Team members include the following:

**Physician:** Your treatment plan is directed by your attending physician.

**Nursing:** The TCU is staffed with registered nurses, licensed practical nurses and state-certified nurse aides. The staff will assist you in meeting treatment goals and caring for your personal needs; 24-hour-a-day medications, IV therapy and dressing changes are provided as ordered by your physician.

**Social services:** The social services professionals can assist you with your admission to the TCU and provide assistance for any individual issues or concerns that may arise during your stay. Our social worker can help you and your family prepare for your discharge home or for your transfer to another facility. Referrals to various community health and welfare agencies for support groups, educational programs and follow-up care and services can be made.

**Physical therapy:** The Physical Therapy Department is staffed with experienced physical therapists and physical therapy assistants. Therapists work with the residents and their families to design specific treatment programs, based upon present functional levels and agreed-upon goals.

**Occupational therapy:** The occupational therapist will evaluate and design an individualized plan of care for residents experiencing a loss of independence in performing everyday living activities. Occupational therapists evaluate functional cognition and perception, range of motion, strength, coordination, sensation and activities of daily living, including work and leisure. Custom splinting and fitting as well as adaptive equipment training also are provided.

**Speech-language pathology services:** Speech-language pathologists evaluate and treat patients with voice articulation and language disorders, including speaking, understanding, reading and writing. Speech-language pathologists also evaluate and treat cognitive disorders and swallowing dysfunction.

