

# Just Like Home

## Strategies to help you or your loved one during a hospital stay

Hospital stays can be stressful, disorienting and lonely. Familiar items from home can help patients feel more comfortable and relaxed during their stay.



**Bring familiar and soothing items:** Favorite items from home can reduce the stress and anxiety while in the hospital. Consider bringing a pillow, blanket, bathrobe, warm socks, or teddy bear from home.



**Minimize discomfort from vision, hearing or physical impairment:** Bring eyeglasses, hearing or visual aids, cane or mobility device, hygiene and toiletry items.



**Encourage hobbies to reduce boredom:** Consider bringing magazines, books, crochet, knitting, word puzzles, or travel-sized board games.



**Create distractions and promote relaxation:** Fill an MP3 player with comforting or familiar music or bring a favorite movie on a tablet device with headphones. Don't forget a spare charger. Consider a sound machine to block out the sounds in the hospital.

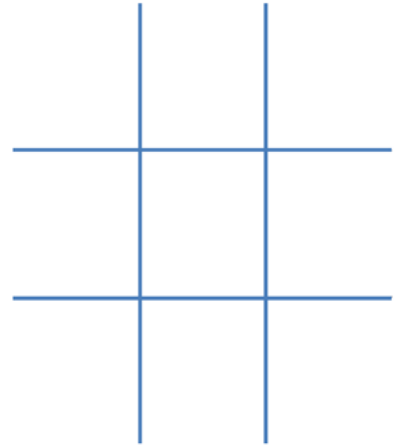
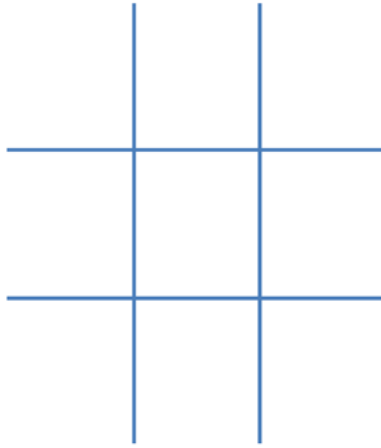
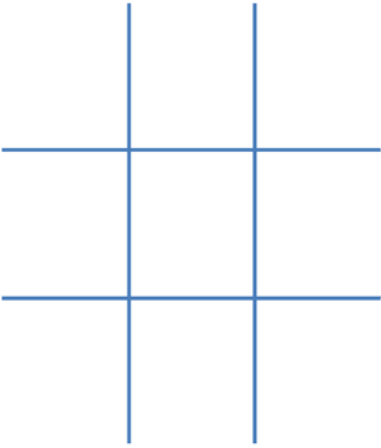


**Keep the family near:** Consider bringing pictures of family, friends and pets, greeting cards, and other family memories. Family or friends at the bedside can also be helpful. The companionship can help reorient the patient to where they are. Family members are welcome to stay 24 hours/day, we can provide a recliner, just ask the care team.

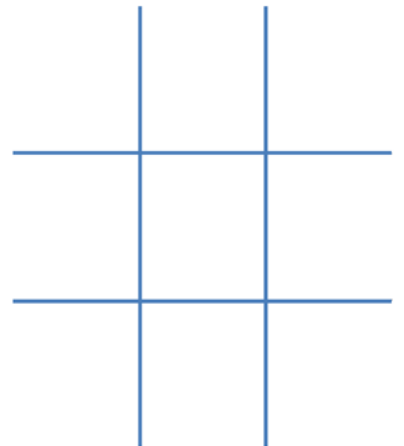
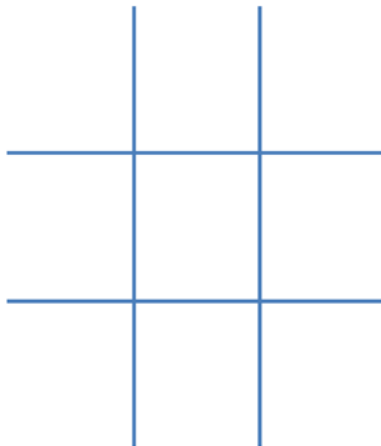
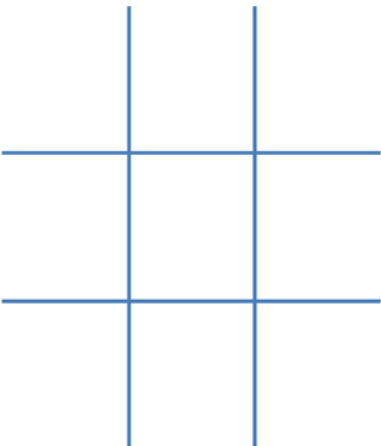
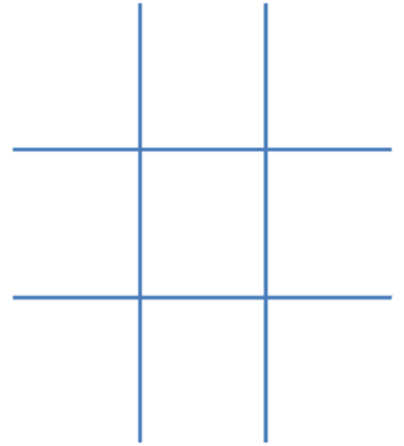
Please notify your nurse if you bring items from home. Remember you and your loved one are responsible for all personal belongings.

Thank you for partnering with us to provide an excellent care experience. Our goal is extraordinary care; every patient, every time.

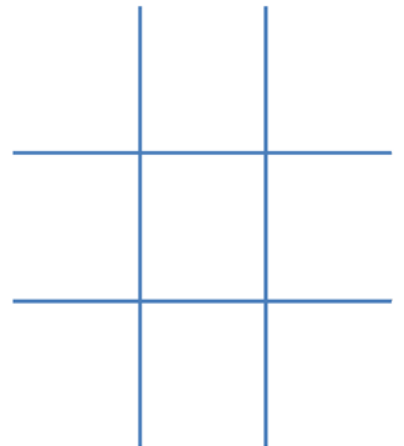
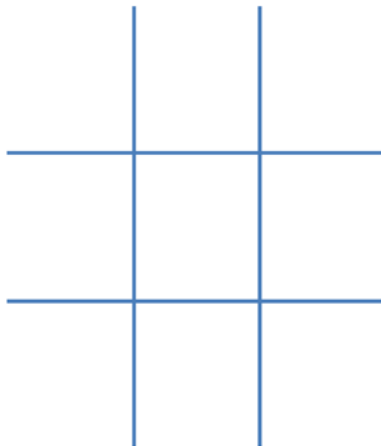
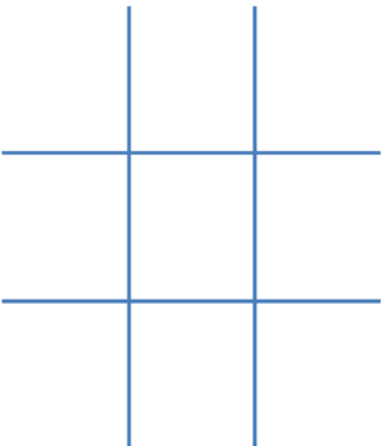
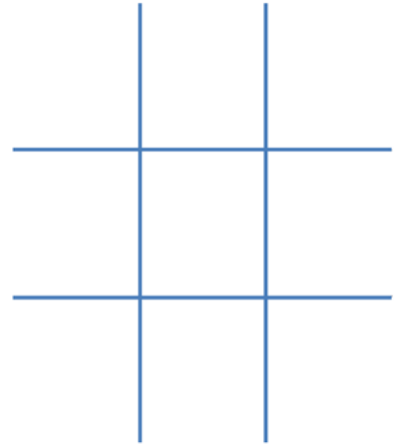
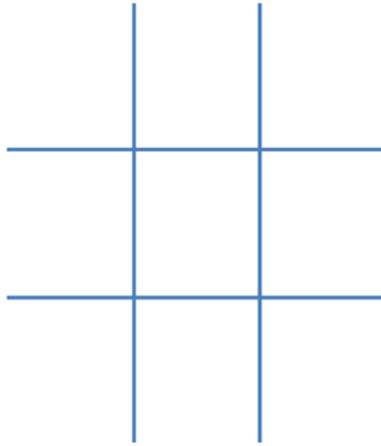
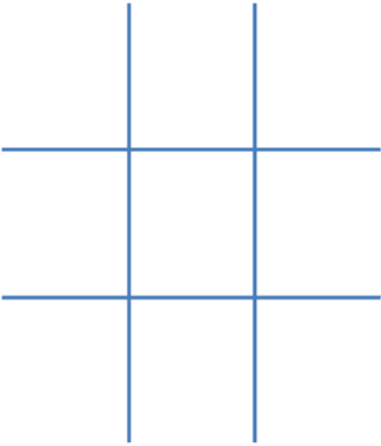
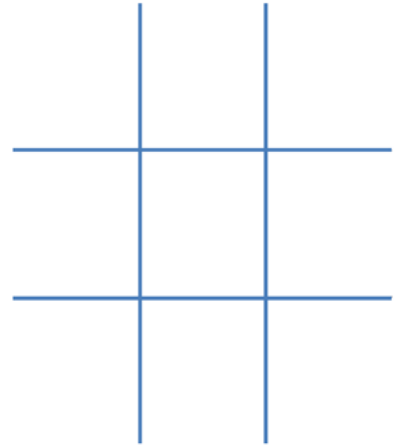
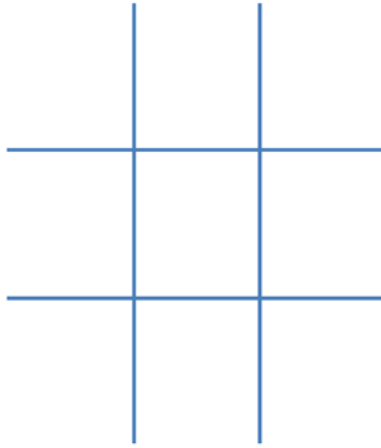
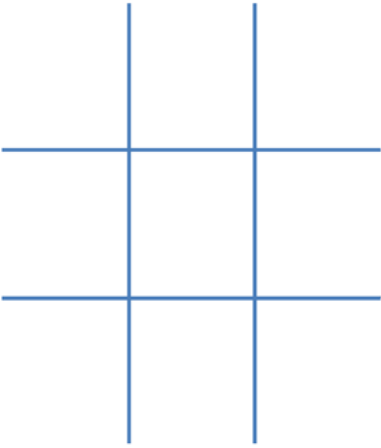
# Tic Tac Toe



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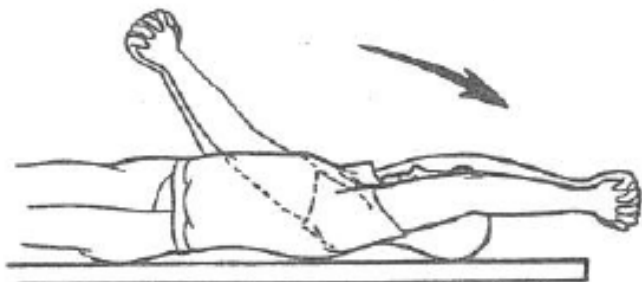
# Tic Tac Toe



# Kaiser Permanente - My Daily Exercises

Do the movements your care provider has noted for you. Keep breathing throughout & always move to comfort and not into pain.

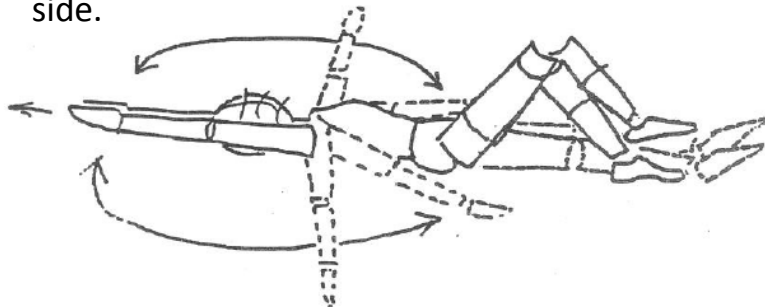
**1 Supine Shoulder Flexion** – Clasp hands together & carry above head, so that you feel a stretch. Keep elbows as straight as possible.



Directions: \_\_\_\_\_

Completed:

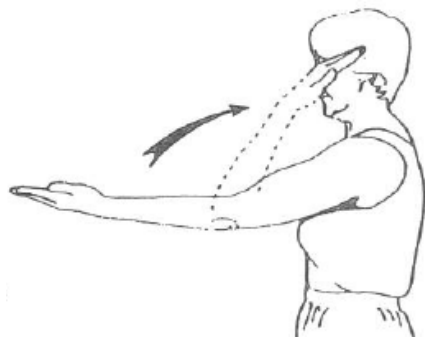
**2 Angels in the Snow** – Keep arm on surface and move arm out to the side, bringing it as far out you can. Hold momentarily, and return to side.



Directions: \_\_\_\_\_

Completed:

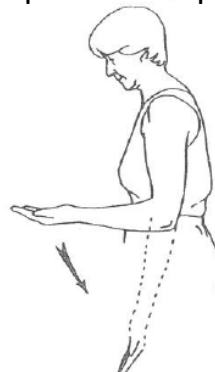
**3 Elbow Flexion** – Reach one arm out in front & slowly raise forearm to shoulder. Relax arm. Repeat with opposite arm.



Directions: \_\_\_\_\_

Completed:

**4 Elbow Extension** – One arm at side bent 90 degrees, palm facing down. Slowly move forearm downward. Repeat with opposite side.



Directions: \_\_\_\_\_

Completed:

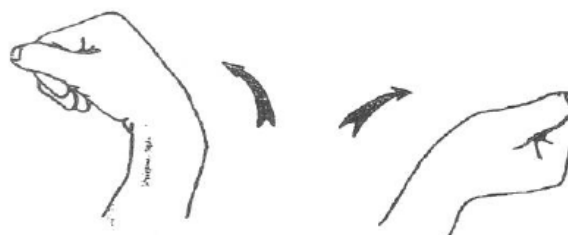
**5 Finger Opposition** – Touch thumb to each fingertip. Start with index finger and proceed toward little finger. Move slowly at first, then more rapidly as motion & coordination improve.



Directions: \_\_\_\_\_

Completed:

**6 Wrist Flexion/Extension** – Actively bend wrist forward then backward as far as possible.



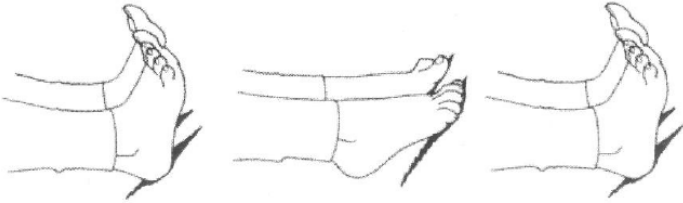
Directions: \_\_\_\_\_

Completed:

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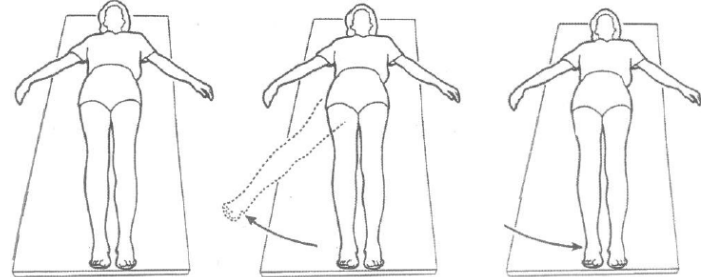
## 7 Ankle Pumps – Move Foot up and down



Directions: \_\_\_\_\_

Completed:

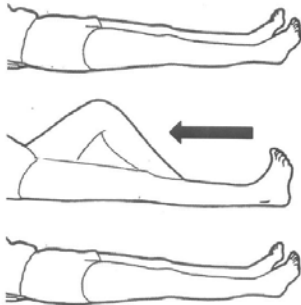
## 8 Hip Abduction – Keep legs straight, & toes pointed toward the ceiling. Move leg out to side. Return to starting position



Directions: \_\_\_\_\_

Completed:

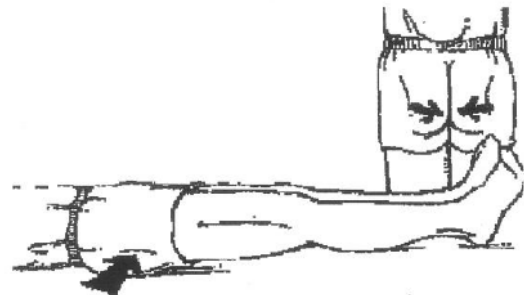
## 9 Heel Slides – Start with leg straight. Try to bend the knee as much as possible. Return to starting position.



Directions: \_\_\_\_\_

Completed:

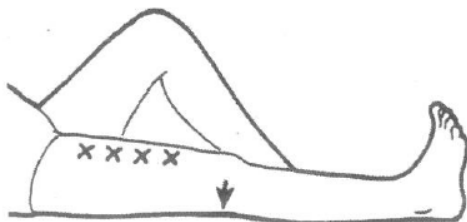
## 10 Gluteal Sets – Tighten buttocks by squeezing them together. Hold contraction for 5 seconds.



Directions: \_\_\_\_\_

Completed:

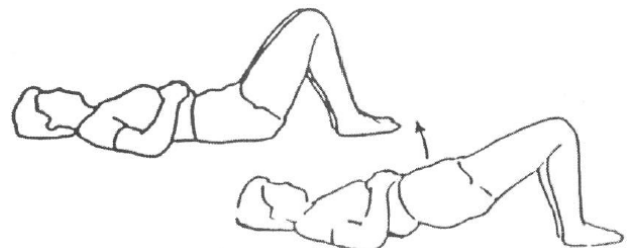
## 11 Quad Sets – Straighten knee. Tighten muscles above the knee. Hold contraction for 5 seconds.



Directions: \_\_\_\_\_

Completed:

## 12 Bridging – Lie on back with knees bent. Squeeze & lift buttocks, while continuing breathing in & out. Lower slowly & repeat.



Directions: \_\_\_\_\_

Completed: