

## VAD Supervised Community Outing

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Community outings give you and your caregivers a chance to practice being in the community before you are discharged from the hospital. You will plan and complete a supervised outing with your occupational therapist (OT).

Below is some helpful information for you to know:

- You and your primary caregiver will go on 2 community outings:
  - 1 **supervised** outing with you, your primary caregiver and OT
  - 1 **unsupervised** outing with just you and your primary caregiver
- Supervised outings occur Monday through Friday between 9am to 1pm with a goal of returning to the hospital by 3pm.
- The hospital will provide an allowance of up to \$15 each for you and your primary caregiver(s) during the supervised outing. If you are interested in spending more than the allowance, you are welcome to cover the cost with your own funds.
- A hospital van will be used for transport during the supervised outing.
- An additional staff member will accompany your OT to assist as needed.

### **What is the purpose of an outing?**

The main goal for the supervised and unsupervised outings is for you and your caregiver(s) to be able to safely access the community and transition from a medically supervised hospital setting. We want you and your caregiver to learn how to manage in an unstructured and unfamiliar environment. The OT will focus on your caregiver's supervision and maintaining your personal safety.

### **What will happen during my supervised outing?**

During your **supervised** outing you and your caregiver(s) will:

- Verbalize all alarms and response to alarms.

- Program your cellphone with the VAD emergency phone number **(734) 477-6722** and VAD office number **(734) 615-3068**.
  - Define when to call the VAD emergency phone number.
- Practice calling the VAD emergency phone number. You will call the VAD emergency number and tell them it is a practice call.
- Review the process to get your discharge medications.
- Create a plan with your caregiver(s) for using the bathroom to make sure you have proper supervision.
- Review education with your OT on the following topics:
  - Home safety
  - Fall prevention
- Evaluate your readiness for an unsupervised outing.

### **What is the role of the occupational therapist during my outing?**

The role of your occupational therapist during the outing is to:

- Provide support
- Provide education
- Help you and your caregiver(s) to problem solve to increase your ability to function in the community
- Assess your ability to verbalize alarms and response to alarms

### **What will happen during my unsupervised outing?**

An **unsupervised** outing will take place with only you and your caregiver(s). It is expected that you will travel to a location outside the hospital. You will be responsible for:

- Providing your own transportation.
- Covering the cost of any activities that you choose.
- Letting your nurse know before leaving.
- Practicing another emergency phone call to the VAD emergency number.

You will call the VAD emergency number and tell them it is a practice call.

Center for Circulatory Support & Occupational Therapy  
Occupational Therapy VAD Supervised Community Outing

## **How should I prepare for my outing?**

Your OT will help you and your caregiver plan your supervised outing.

Here are a few general rules to help you prepare for your unsupervised outing:

- **30 minutes to 1 hour before outing:**
  - Bathe, dress, and be ready for your outing
  - Caregiver(s) must be in your hospital room
  - Let your nurse know you need medications for your outing
  - Pack your bag with the following items for your outing:
    - 2 sets of fully charged batteries
    - Extra controller with battery clips attached to back up controller
    - Medication

## **What is the role of my caregiver(s) during the outing?**

Your caregiver(s) will provide the right amount of support to you during the outing, this includes:

- Any physical assistance you may require
- Managing the bag with your equipment
- Staying near you during the outing with the equipment bag. This is done in case you need to access the bag for any reason during the outing.

## **Where can I go on my outings?**

Below is a list of ideas to help you decide the location of your outing. You do not have to pick one of these locations, they are just provided to give you some ideas.

### **Meal/food locations:**

- Angelo's Restaurant (close to hospital)
- Anna's House
- Applebee's
- BD's Mongolian BBQ
- Big Boy
- Blue Tractor (bathroom accessibility is difficult)

- Bob Evans
- California Pizza Kitchen
- Casey's Tavern
- China Gate
- Chili's Grill and Bar
- Cottage Inn
- Denny's
- Emerald City
- Evergreen Restaurant
- IHOP
- Knight's
- Moe's
- Northside Grill (close to hospital)
- Olga's
- Olive Garden
- Palm Palace
- Panera Bread
- Pieology
- Pizza House
- Pizza Hut
- Pretzel Bell
- Qdoba
- Red Lobster
- Shalimar
- Song Bird
- T.G.I.F
- Tios
- Whole Foods

### **Outdoor Activities**

- Gallup Park
- Botanical Garden
- The Big House (based on availability)
- Cobblestone Farm House
- The Arboretum Nature Area

### **Museums**

- Botanical Gardens
- Natural History Museum
- University of Michigan Museum of Art

### **Shopping**

- Arborland
- Briarwood Mall

- Dunham's Sporting Goods
- REI
- Farmer's Market
- Meijer
- Target
- Walmart

### **Additional Ideas**

- Barber shop/hair salon/nail salon
  - Campus Barber and Beauty Salon
  - Great Clips
- Pinball Pete's
- Movie theater

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