

# Staying at the CHUM before going to another facility



You no longer need the specialized care of the CHUM. But you still need to receive care elsewhere. This sheet explains, for you and your loved ones, what happens before you leave for another facility.

## I was told about an alternate level of care. What's that?

This is the care you receive while waiting to leave the hospital to go elsewhere. This type of care is referred to as alternate level of care, or ALC.

The care team has assessed you. Your health condition is stable. You no longer need specialized care at the CHUM. Your doctor has signed your hospital discharge papers.

## Why am I staying at the CHUM, then?

You're staying at the CHUM because you can't go home. You still need other care, to be provided elsewhere than at the CHUM.

You're waiting for a place in a facility that provides this care. This can be at one of the following facilities:

- A rehabilitation unit
- A residential and long-term care centre (CHSLD)
- A residence for seniors

If not one of these, you may be waiting until this care can be provided for you at home.



## How much longer will I stay at the CHUM?

It's different from one situation to another. This can take anywhere from a few days to a few weeks. You may change rooms while you're at the CHUM.

## Who will take care of me?

The CHUM care team will continue to look after you:

- Your doctor will still see you, but less often, coming once a week or more, depending on your needs.
- The rest of the care team will continue to look after your day-to-day care. For example, they'll give you your medication and help with your hygiene care. They'll act when your health condition requires it.
- Other professionals may also come to see you, such as a physiotherapist, social worker, or liaison nurse. They'll help you avoid losing your physical and mental abilities, which can happen when you stay in the hospital for a long time. Read the health sheet [Avoiding losing your physical and mental abilities - Avoiding deconditioning.](#)



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## How will I find out when I'll be leaving the CHUM?

Your healthcare team will tell you. They'll inform you as soon as they find out when you'll be leaving. Sometimes they find out on the same day you're leaving.

They'll help you prepare. In most cases, the care team will arrange your transportation to the other facility.



## Who can I contact if I have questions?

Ask your care team. They're there to answer your questions.



### USEFUL RESOURCES

Other CHUM health fact sheets are available. Ask your care team which fact sheets can help you.



You can also read them online. [chumontreal.qc.ca/fiches-sante](https://chumontreal.qc.ca/fiches-sante)

*The content of this document in no way replaces the advice of your healthcare professional.*

To find out more about the Centre hospitalier de l'Université de Montréal [chumontreal.qc.ca](https://chumontreal.qc.ca)

You may hear the expressions or names listed in the left-hand column. They're often used by healthcare staff. The right-hand column explains what they mean.

Names	What they mean
<b>CHSLD</b>	Residential and long-term care centre.
<b>CLSC</b>	Local community service centre.
<b>CPA</b>	<p><b>Assisted early discharge.</b> This is when you receive rehabilitation services at home like those provided in the hospital.</p>
<b>NSA or ALC</b>	<p><b>Alternate level of care (ALC).</b> This is the official name for the care discussed in this health sheet.</p>
<b>RI</b>	<p><b>Intermediate resource.</b> This is a residence for people who are partly independent but who need help because of their health condition.</p>
<b>RPA</b>	Private seniors' residence
<b>URFI</b>	<p><b>Intensive functional rehabilitation unit.</b> This is a facility where you can get back in shape before returning home.</p>