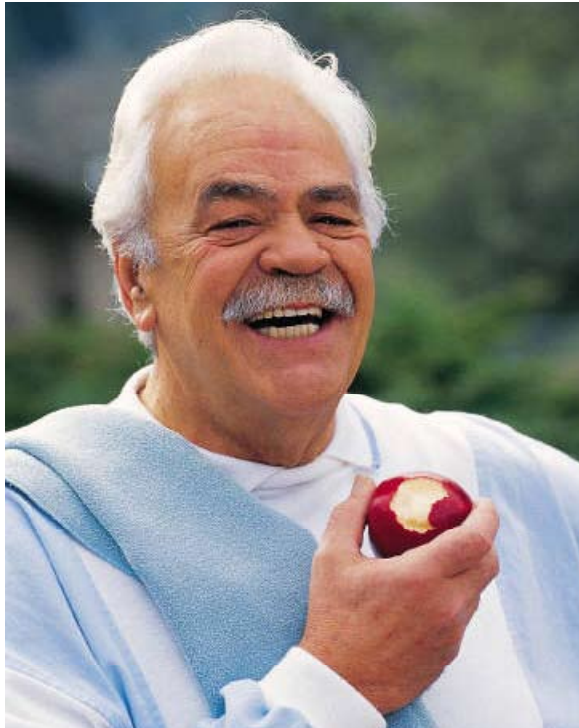


Volunteers are a key component of our program. Their work may include simply sitting and talking to a patient, or helping him or her walk down a hallway.

HELP volunteers must be:

- Reliable
- Committed
- Caring
- Empathetic
- Mature
- Respectful of the elderly
- Enthusiastic
- Excellent communicators
- Able to work independently
- Willing to adhere to the strictest patient-confidentiality rules



Serving the Shore since 1928

Hospital Elder Life Program

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Shore Memorial Hospital
Nassawadox • 757-414-8000

Shore Healthcare at Home
Onley • 757-789-5000
800-700-6242

Senior Perspectives
Nassawadox • 757-442-2053

Shore Cancer Center
Nassawadox • 757-414-8355

Shore Rehab
Accomac, Cape Charles
and Nassawadox
888-867-2686

Shore Medical Center at Metompkin
Parksley • 757-665-5996

School of Practical Nursing
Nassawadox • 757-414-8067

Shore LifeCare at Parksley
757-665-5133

**Shore Cardiopulmonary
Wellness Services**
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Lingle & Goldstein Surgical Associates
Nassawadox • 757-442-3598

Shore Orthopedic Associates
Nassawadox • 757-414-0488

Shore Psychiatric Services
Nassawadox • 757-414-8530

Hospital Elder Life Program



In a hospital setting, some older patients can lose touch with their surroundings and become confused. They may lose track of where they are, or whether it's day or night.

The Hospital Elder Life Program prevents this type of decline by helping older patients stay alert and connected.



When seniors lose touch

- It can delay their recovery process and keep them in the hospital longer.
- It can make them less independent at discharge, creating problems as they return home.
- It can cause them to have to be re-admitted to the hospital later for additional treatment resulting from their mental or physical decline.

How HELP can help

- The program screens all patients 70 and older on admission to identify any who may be at risk.
- Once at-risk patients are identified, specially trained volunteers use proven techniques to keep them alert and connected to their environment over the course of their hospital stay. Methods include reading or talking at the bedside, music therapy and simple activities, like a walk down the hallway.
- Geriatricians, nurses and volunteers, all with special training, work together to make HELP a success.

FIND OUT MORE

**Call 757-414-8766
or 757-414-8762**

The results

- Seniors recover faster, with less stress, in the hospital.
- They're more independent at discharge.
- They adjust more easily when they return home.
- They are less likely to be readmitted to the hospital for problems caused by any mental or physical decline – because our program stopped any of that before it could start.

Background

The HELP Program was created by Dr. Sharon Inouye at Yale University School of Medicine. It's being implemented at Shore Memorial Hospital as part of our ongoing efforts to protect our patients.

What you can do

To volunteer, contact:

- Ruthellen Lovett, 757-414-8766, rlovett@shs-inc.org
- Mary Kaye, 757-414-8762, mkaye@shs-inc.org

Shore Memorial Hospital is fully accredited by The Joint Commission, a group that monitors healthcare quality.

