

Avoiding Unnecessary Emergency Room Visits:

A Family Guide for Loved Ones at Victoria Gardens Long Term Care

Keeping your loved one safe, comfortable, and cared for- right where they live. Being informed helps you make the best decision.

Our goal is the same as yours: Safety. Comfort. Dignity.

Why Not Always Go to the Hospital?

Hospitals are lifesaving in emergencies- but for frail older adults, they also carry risks.

Common Hospital Risks:

- * Infections
- * Sudden confusion (delirium)
- * Falls in unfamiliar settings
- * Pressure injuries
- * Emotional distress
- * Lost belongings (glasses, dentures, hearing aids)

For many residents, staying at Victoria Gardens is often the safer and more comfortable option.

Many Conditions Can Be Treated Right Here

We can safely manage many acute issues, including:

Urinary tract infections (UTIs) Pneumonia

Dehydration

Skin infections

Minor falls without serious injury

Conditions like: Congestive Heart Failure, Chronic Obstructive Pulmonary Disease, & diabetes flare-ups

On-Site Resources at VG Include:

- * On-call medical provider / physicians
- * Nurse practitioner
- * Mobile X-rays & lab testing
- * IV fluids & antibiotics

Appropriate ER Transfers:

Hospital transfer is important for:

Chest pain or suspected heart attack

Stroke symptoms (face drooping, weakness, speech trouble)

Severe breathing difficulty

Major trauma or head injury

Uncontrolled bleeding and life-threatening emergencies

In these cases, emergency care saves lives.

Questions to Ask Before a Transfer

- * Is this life-threatening?
- * What treatments can be started here?
- * What are the risks of going to the hospital?
- * What are my loved one's goals of care?
- * Can this be treated safely at VG?

We Offer In-House Palliative Care

VG provides an in-house palliative care program focused on:

Comfort & symptom management

Pain control

Support for families

For residents in advanced or end-of-life stages, palliative care often allows them to remain in familiar surroundings- avoiding stressful hospital transfers while maintaining dignity and comfort.

Honour Your Loved One's Wishes

Review together: Advance directives, DNR orders and Goals of Care.

Many residents prefer: Comfort, Familiar surroundings and avoiding unnecessary hospitalization