Geriatric Fracture Program

COACH’S GUIDE

Family/Friends coaching the Geriatric Fracture Patient through their recovery
The Geriatric Fracture Program

The Geriatric Fracture Program is designed to guide the patient and their family through the stressful events surrounding a fragility hip fracture. The program was developed to provide specialized care to elderly patients who sustain fragility hip fractures.

The Geriatric Fracture Program is involved in all aspects of the treatment process of a fragility fracture – from the initial presentation in the Emergency Department to surgery, hospital stay, inpatient rehabilitation and outpatient rehabilitation. It is our goal to help patients return to their pre-injury level of function.

Other features of the Geriatric Fracture Program include:

- Access to physicians, nurses, social workers, case managers, physical therapists and occupational therapists who all specialize in geriatric fractures.
- Emphasis on rehabilitation and individual care
- An occupational therapist who educates patients on activities of daily living (ADL’s)
- Participation by family and/or friends who serve as “coaches” in the recovery process
- Coordinated education for patients and family members

The Coach’s Role

Your role as a coach will be helpful to the patient as he/she is working through the healing process.

Your role as coach is to:

- Help build the patient’s confidence by offering him/her encouragement and support.
- Encourage the patient to participate in the full therapy process. Remember: all patients progress at different rates.
- Encourage patients to follow instructions given to them by their physician, nurse, therapist or other caregivers.
- Communicate with the patient’s visitors to visit during early morning or evening hours to allow for the patient’s participation in the daily therapy activities.
- Participate in the educational process. Fragility fractures can be life-altering events for both the patient and his/her family.
- Attend therapy sessions when possible with the patient. Therapy is offered twice daily starting the day after surgery.
# Contact Information

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