



Dear \_\_\_\_\_,

Scheduled Discharge Date: \_\_\_\_\_

Congratulations on completing your Telehomecare journey! Along the way, I hope you have become more skilled and comfortable in doing what it takes to live well with your chronic condition.

This discharge package will help you get ready for discharge. We will review the content, discuss your questions and work together on a self-management plan that works for you after Telehomecare. Remember that the printed learning guides are yours to keep. They remain a great resource in case you need to review important information about your health.

We recommend that you continue to take the time every day to think about how you are feeling today compared with yesterday. This includes continuing to monitor your vital signs, like your blood pressure or your weight. This will let you know if you have early signs and symptoms that your condition may need more attention or management.

Your Telehomecare clinician can help you decide what equipment you might consider buying. All items can normally be purchased at your local pharmacy or retail outlet that sells medical equipment. Hypertension Canada recommends a list of Blood Pressure monitors which can be found online at the following web page: <http://www.hypertension.ca/en/devices-endorsed-by-hypertension-canada> Hypertension Canada can also be reached at 905-943-9400.

On the next page, there are some local community services that may be helpful to you. Please contact your Telehomecare clinician at 1-888-447-4468 if you require any community referrals prior to discharge and/or if you have any questions.

Thank you for working with Telehomecare and best wishes on your continued journey!

Sincerely,

Your Telehomecare Team  
Erie St. Clair Community Care Access Centre

## Local Community Services

Other community resources that you may want to consider are listed below:

- Heart and Stroke Foundation  
Phone: 519-254-4345  
Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)
- The Lung Association  
Phone: 1-866-717-COPD (2673)  
Website: [www.on.lung.ca](http://www.on.lung.ca)
- Eat Right Ontario  
Phone: 1-877-510-5102  
Website: [www.eatrightontario.ca](http://www.eatrightontario.ca)
- Erie St. Clair HealthLine  
Website: [www.eriestclairhealthline.ca](http://www.eriestclairhealthline.ca)