

# Weekend Pass Program

## What is a Weekend Pass?

A Weekend Pass is a chance for you and your child to go home or spend time in the community for two nights. As part of your rehab journey, the Weekend Pass Program is one way for you to practice what you have learned in the hospital and prepare for your discharge.

## What are the benefits of going on a Weekend Pass?

- ❖ Families have said that Weekend Passes were “something to work towards” and gave them “hope”
- ❖ Helps you get back into a routine
- ❖ You can see what works and what might need to change so that you will be able to care for your child at home\*
- ❖ A study found that clients who came back from a Weekend Pass looked forward to therapy and were motivated to work on their goals\*

## What are some common feelings around a Weekend Pass?

- ❖ Clients in a rehab setting were happy to go home and excited to see family and friends\*
- ❖ Feeling excited, nervous and anxious prior to the first Weekend Pass is normal\*
- ❖ A study done in a Toronto rehabilitation centre showed that when clients/families have gone on more than one Weekend Pass, they felt less fear about returning home after rehab and more confidence\*

## What situations might you face on a Weekend Pass?

- ❖ Managing your child’s care e.g. activities of daily living, medications, equipment or devices
  - 💡 *We will give you training and instructions before your Weekend Pass*
  - 💡 *When you return, please tell your team about any concerns or questions you have and we can work together to find a solution before your next Weekend Pass*
- ❖ Your child has enjoyed their time at home so much that they may not want to return. Many families have gone through this.
  - 💡 *You can speak with your Child/Youth Social Worker and/or Child Life Specialist for tips. For example, you can bring back some of your child’s favourite things to help them feel the comforts of home. We can also give you a countdown calendar.*



**What can you do to help make the Weekend Pass go as smoothly as possible?**

- Let your team know the date/time you plan to go on a Weekend Pass by Wednesday
- Speak to your team about the supplies you will need for your Weekend Pass; supplies will be provided for you
- Keep the Weekend Pass information sheet handy in your Transition Passport, you can look back at it for contact information and instructions while at home
- Enjoy your time at home/in the community, take it easy
- Give your child and your family some time to rest
- If you and your family run into any issues or problems during your pass, you can call the unit for further support

**Do you have any more questions or concerns?**

Please see your care team for further assistance.



**References (marked with \*):**

Cameron, J. I., Bastawrous, M., Marsella, A., Forde, S., Smale, L., Friedland, J., & ... Naglie, G. (2014). Stroke Survivors', Caregivers', and Health Care Professional Perspectives on the Weekend Pass to Facilitate Transition Home. *Journal Of Rehabilitation Medicine (Stiftelsen Rehabiliteringsinformation)*, 46(9), 858-863. doi:10.2340/16501977-1854

Weiss, M., Johnson, N., Malin, S., Jerofke, T., Lang, C., & Sherburne, E. (2008). Readiness for discharge in parents of hospitalized children. *Journal Of Pediatric Nursing*, 23(4), 282-295.

Go to Health Sciences Library in the Family Resource Centre for more information on the above studies\*

