



Inpatient Family Newsletter

JULY 2026

News & Resources for You

Read this letter online at: HollandBloorview.ca/InpatientLetter

Summer 2026 Spiral Garden Access for Families and Visitors

The Spiral Garden site, including the Pavilion and garden picnic tables, will be reserved for exclusive use by Spiral Garden program participants from July 6 to September 3, 2026, between 8:30 a.m. and 4:30 p.m., Monday to Friday (including lunch time).

Outside of these hours, the space is available for general use as outlined below:

- June 24 - 30 (preparation week): weekdays after 5:00 p.m and weekends any time.
- July 1 - 5: any time.
- July 6 - 30: weekdays after 5:00 p.m and weekends any time.
- August 1 - 9: any time.
- August 10 - September 4: weekdays: after 5:00 p.m and weekends any time.

We appreciate your cooperation in supporting the program and helping ensure a welcoming and accessible space for all participants.

Meal and Food Supports for Families and Caregivers

We know spending time at the hospital can bring unexpected costs for things such as meals. Ask your care team about meal supports you could be eligible for, including an admission day meal voucher and eligibility to receive one free meal per day during your child's inpatient stay.

Snack Bag Program

All inpatient families are eligible to get one snack bag per family each weekday during their stay. Caregivers can pick-up the snack bags from the unit's kitchen area. The bags are refreshed at approximately 10:30am daily, Monday to Friday and caregivers can pick up their snack bag at any time. All snack bags are nut free, dairy free, vegetarian, and Halal. For additional dietary requirements, please call (416) 425-6220 extension 6048.



Together We Dare – Dream Big with Us!

At Holland Bloorview, every day is about daring to create a world of possibilities – whether that means trying something new, thinking differently, or showing up for each other.

Together We Dare is a new bold campaign with a goal that every kid with a disability, here in the hospital and around the world, gets the best care, the

latest technology, and a future where they can thrive, belong, and dream big. You can be part of the DARE! Visit [TogetherWeDare.ca](https://www.togetherwedare.ca) to learn more.

Room Assignments

There are a small number of private rooms on each unit. Priority access to these rooms are given to clients with the highest medical needs. Room assignments are based on multiple factors, such as: age and developmental stage; gender; activity level and stimulation tolerance; behavioural presentation; sleep habits and known sleep disruptions; frequency and intensity of medical or nursing interventions; safety considerations; anticipated discharge timelines; impact on the broader unit environment; as well as input from the physician team, Infection Prevention and Control (IPAC), and frontline clinicians. We do our best to minimize changing your room assignment, however, there are times when this is unavoidable. Please be aware of the possibility of room changes during your stay. If you have any concerns, please speak with your nurse.

Reminder: Fragrance Free

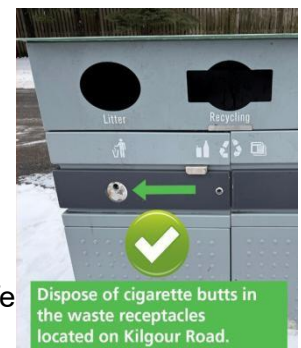
Strong scented products such as perfume, hairspray, cologne, aftershave, and fabric scent boosters can cause health issues. In consideration for others, we request that you and your visitors do not wear scents while at Holland Bloorview.

Non-smoking policy and cigarette disposal



We would like to remind families visiting Holland Bloorview that smoking is not permitted on hospital property. In addition, smoking within nine meters of hospital entrances or exits, or within 20 meters of the Bloorview School Authority and playground is strictly prohibited. This policy is in accordance with the Smoke-Free Ontario Act and the

Ontario Regulation and the Cannabis Act, put into effect to ensure a clean, safe and smoke-free environment for all. Cigarette butts should not be thrown on the ground. There is a cigarette disposal in the waste receptacle located along Kilgour Road outside the hospital entrance.



Safe Spaces for All

At our hospital, every child, family member, and team member deserves to feel safe, valued, and respected. Behaviour which is disrespectful, disruptive, or threatens the safety and wellbeing of others (e.g. discriminatory language or yelling) is not acceptable. Thank you for helping us make this a place where children heal, families find comfort, and staff feel supported.



Spiritual Care Services at Holland Bloorview

Have you met Ruveyda Durmus, Spiritual Care Facilitator?

Ruveyda has been supporting inpatient rehabilitation and complex continuing care clients, and their families and staff at Holland Bloorview since July 2023.

Ruveyda holds a bachelor's degree in religion and Women and Gender Studies, and a Master's in Psychospiritual Studies with Psychotherapy. A fun fact about Ruveyda: She is a registered psychotherapist and enjoys making delicious desserts. Ruveyda works Monday to Thursday and can be reached at ext. 3656.

Join the Family Leadership Program

Share your experience as a caregiver of a Holland Bloorview client to help us design and deliver the best care and research experience possible for all clients and families. Your lived experience can have impact across the hospital and Bloorview Research Institute. For more information about the Family Leadership program, please scan the QR code for further details.



The Bridging to Adulthood Team

Our team supports clients, aged 14 and older, along with their families, in planning for life after pediatric care ends at 18. We can help you prepare for non-medical adult programs and services, including life skills, employment, independent living, legal matters, post-secondary education, social connections, and more.



Scan the QR code to visit our website and monthly calendar of events and appointments. Feel free to email our team to learn more, we'd love to speak with you: transitionpop-up@hollandbloorview.ca

Infection Prevention and Control updates

Staying up to date with your measles vaccine

Measles is a highly contagious disease that continues to circulate globally, including in Toronto. Toronto Public Health encourages families to stay up to date with their routine vaccinations including the measles vaccine. For more information about measles, speak to your health-care provider or visit [Toronto Public Health](#).

Client and Family Centred Care updates

- **Caring Closet**

The “Caring Closet” has clothing and personal items that inpatient clients and families may access at any time during their stay. The Caring Closet is in the SODR lounge (behind the sofas) and has items shared by staff, community supporters and families. All clothing in this space has been laundered, folded and stored by the team from VolunteerABLE. If you have any questions, please reach out to your social worker, nursing and therapy staff members.



- **Inpatient Caregivers’ Coffee and Colouring Hour**

Inpatient caregivers are invited to drop by the Family Resource Centre (main floor, off the Atrium) on Tuesdays from 10:30am to 11:30am for an hour of coffee, colouring and connection. This is a great opportunity to connect with other inpatient caregivers and meet one of our Family Mentors. This event is free, and no registration is required. We provide the coffee (or tea)!

- **Workshops and Events for Families**

The Family Resource Centre runs a series of family education workshops and events from September to June. Stay tuned for our new calendar release in August! You can find general information about our education and peer support network sessions on our [Workshops and Events](#) page. All events are open to inpatient and outpatient family caregivers, as well as community families in the childhood disability community. While many of the events are held virtually, some are offered in-person. Feel free to reach out with any questions: resourcecentre@hollandbloorview.ca

Upcoming Events:

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|  | <p>Parent & Caregiver Ukulele Group (Drop-In)</p> <p>Dates: Every Wednesday, June 10 – August 5</p> <p>Time: 6.30pm - 7:15 pm</p> <p>Place: SODR Lounge (3W 135)</p> <p>Contact: Sonja Lembke at slembke@hollandbloorview.ca</p> |
|  | <p>Consider joining Holland Bloorview at the Pride Parade!</p> <p>Date: Sunday June 28th 2026</p> <p>Time: 2:00pm – 6:00 pm</p> <p>Place: Meeting point to be determined (close to Yonge & Bloor)</p> <p>Please contact 2slgbtqplus_erg@hollandbloorview.ca for more details</p> |



Inpatient Unit Reminders

Recommended visiting schedule

Clients are often in therapy programs and school during the day, so we strongly recommend that visits from siblings and other guests take place: Monday to Friday between 4:00pm to 9:00pm, Saturday, Sunday, and statutory holidays between 10:00am to 9:00pm. All visiting hours end at 9:00pm

Visitors and accommodations

- All visitors must sign in and obtain a visitor lanyard at the main reception desk on the first floor. All visitors must wear this lanyard whenever visiting the third floor. It helps us to clearly identify visitors and keep your child safe.
- One parent/caregiver (16 years of age or older) plus one child under 30 months may stay by your child's bedside overnight.
- Two people plus one child under 30 months can be at your child's bedside during the day.

Gatherings




Family visits with more than two people must occur off the unit and take part in non-client care areas (such as cafeteria, Atrium, or the front courtyard) depending on the circumstance, including weather conditions or hospital-wide programming. Staff meeting rooms are not permitted to be used.







Lanyards

For security reasons, all inpatient caregivers and individuals visiting inpatients, must wear hospital-issued identification, such as the red or black lanyards and ID badges, always when on hospital property. Clients must also always wear their ID wristband.

Laundry

Parents/caregivers are responsible for their child's personal laundry (except for hospital linens and towels). The laundry room is located on the 3rd floor between SODR lounge and the family lounge (3W115). You are welcome to bring your own detergent or buy it from nearby grocery stores. It costs \$2 to

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| | <p>wash or dry a load of laundry, and payment is by card only. If you do not have a credit card, please reach out to your team for assistance.</p> <p>Family Fridge Reminders</p> <p>We can provide ONE plastic storage bin for all your child’s food items from home while they are here – the bin must be labelled with your family name. Please ensure all items fit in the bin and the lid can close.</p> <p><u>Fridge etiquette:</u></p> <ul style="list-style-type: none"> • Check the bin on Wednesdays and Fridays and please do not leave food to go bad in the fridge if your child will not be here on the weekend. • Clean up any spills or messes from liquids/foods right away. <p>When your child is being discharged, simply empty out the bin and place the bin in the dirty dishes bin for us to clean and reuse for another family.</p> |
|  | <p>Pro Bono Triage Lawyer</p> <p>Client families may access the hospital’s Pro Bono Triage Lawyer, Rosemary Masemann. Our triage lawyer offers free and confidential legal advice and resources around immigration issues, job protection and workplace accommodation, estate planning, housing law, school accommodations and more. To set up a consultation, email rmasemann@hollandbloorview.ca or reach out through your social worker. More information about these legal services can be found on our hospital website at: https://hollandbloorview.ca/our-services/family-workshops-resources/onsite-legal-program.</p> |
|  | <p>Family Support Specialists</p> <p>Inpatient caregivers can connect with a family support specialist by e-mailing resourcecentre@hollandbloorview.ca to explore relevant mental health resources at our hospital and in the community.</p> |
|  | <p>Online booking system for Family Accommodations</p> <p>Family Accommodations has a user-friendly online booking system. It’s designed to give easy access to booking requirements and payment options and enable families to book accommodations online.</p> |

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|  | <p>Join the BLOOM Community for Resources on Parenting Children with Disabilities</p> <p>Want to learn about parenting children with disabilities? Sign up for Holland Bloorview's monthly BLOOM e-letter. It combines real family stories and the best expert advice with the latest news and opinion on disability.</p> |
|  | <p>Semi-private spaces for breastfeeding and chestfeeding</p> <p>Holland Bloorview is a breast/chestfeeding-friendly facility. Families, staff, and visitors are welcome to breastfeed, chestfeed and/or express milk any time and anywhere while onsite. Spaces are in The Grocery Foundation Resource Centre on the 1st floor and on the 2nd floor, west wing, behind registration. Both spaces include specialty nursing chairs with high backs for additional privacy.</p> |
|  <p>HB Family Support Network</p> | <p>HB Family Support Network</p> <p>This is a private, moderated Facebook group designed for families and caregivers of kids and youth who currently receive or have received services from Holland Bloorview. The group aims to provide helpful resources and a sense of community in a supportive online space. Become a member today: https://www.facebook.com/groups/hbfamilysupportnetwork. Please be sure to answer all group questions when submitting your membership request.</p> |
|  | <p>Spotlight Award Program</p> <p>If you would like to thank a staff, student, or volunteer, give them a Spotlight Award by filling out a green feedback card and submitting it to the drop-box in front of the Family Resource Centre (1st floor); or sending an e-mail to feedback@hollandbloorview.ca. More information about Holland Bloorview's recognition program can be found https://hollandbloorview.ca/our-services/your-feedback-matters/spotlight.</p> |
|  | <p>Food Services Information</p> <p>For information on the food options in and around Holland Bloorview, please consult with the Food Services Fact Guide which is located in all inpatient rooms and can be found on our hospital website at: https://hollandbloorview.ca/our-services/about-your-visit/onsite-amenities/cafeteria-and-food-services</p> |
|  | <p>Emergency Preparedness</p> <p>Holland Bloorview aims to provide a safe and secure environment for all patients, visitors, staff, and volunteers. It is possible that while you are visiting Holland Bloorview you will hear an emergency code called over the public address system. Staff are trained to respond to these codes. They will provide direction on</p> |

what you need to do during a code. For more information on emergency preparedness visit our hospital website at: <https://hollandbloorview.ca/about-us/impact-public-reporting/emergency-preparedness>

Our inpatient care team and managers are always available to answer your questions, address concerns, or listen to your ideas about how we can continue to improve our communication with you.

- **Cara McCarthy**, Clinical Operations Manager for the Brain Injury Rehabilitation Team (BIRT) cmccarthy@hollandbloorview.ca (416) 425-6220 ext. 6061.
- **Megan Hipson**, Clinical Operations Manager for Complex Continuing Care (CCC) mhipson@hollandbloorview.ca (416) 425-6220 ext. 6028.
- **Sarah Rumbolt**, Clinical Resource Leader for Specialized Orthopedic and Developmental Rehab (SODR) srumbolt@hollandbloorview.ca (416) 425-6220 ext.3254.

Questions, Comments Concerns

Feedback or ideas about your experience at the hospital may be shared with Kimberley Siu-Chong, client and family relations facilitator at (416) 753-6084 or feedback@hollandbloorview.ca



Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Road, Toronto ON Canada M4G 1R8
T 416 425-6220 | 1 800 363-2440 F 416 425-6591
HollandBloorview.ca

A teaching hospital fully affiliated with the University of Toronto