



Inpatient Family Newsletter

MAY 2026

News & Resources for You

Read this letter online at: HollandBloorview.ca/InpatientLetter

Room Assignments

There are a small number of private rooms on each unit and clients with the highest medical needs are given priority for these rooms. 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, but there are times when this is unavoidable and the possibility of room changes during your stay should be anticipated. If you have any concerns, please speak with your nurse.

Important Reminder: Returning Meal Dishes

We kindly remind everyone that all meal dishes and cutlery provided with food trays belong to the hospital. Families and caregivers are asked to:

- Return all plates, bowls, cups, and cutlery to the unit kitchen after meals
- Keep dishes on the unit and avoid removing them from the floor

Food Services relies on dishes being returned promptly to ensure there are enough available for the next meal service. You play an important role in helping Food Services continue to provide timely and high-quality meals for everyone.

Reminder: Fragrance Free

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

Data sharing at Holland Bloorview

Holland Bloorview is partnering with data consortiums like KidSights and research partners locally and worldwide so we can bring the health data of children with disabilities and developmental differences together. How? Holland Bloorview will share de-identified clinical data (data that does not have any personal information like name or address) with data and research partners.

Learn more about how we are harnessing data to advance pediatric innovation and discovery: www.hollandbloorview.ca/datasharing.

Not interested in sharing your de-identified clinical data? Follow the opt-out process on this [webpage](#) or ask your care team.



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 to learn more.

Safe Spaces for All

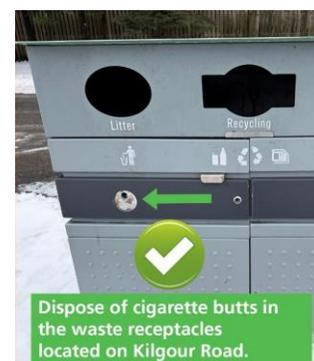
At our hospital, every child, family member, and team member deserves to feel safe, valued, and respected. Behaviour which is disrespectful, disruptive, or threatens the safety and wellbeing of others (e.g. discriminatory language or yelling) is not acceptable. Thank you for helping us make this a place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

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.





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.



Important Reminder from the Bloorview School Authority

This is a gentle reminder to please wear your hospital lanyards when you are coming to Bloorview School to pick up or drop off your child. While your child’s classroom team recognizes you, many other staff do not, and it is important for the school to be able to easily identify people that are in the building. Thank you for helping to keep our school safe.



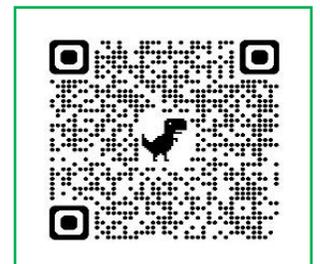
Join the Family Leadership Program

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. The Family Leadership Program team will work with you to find volunteer roles that fit your interests and schedule. 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



Spring Cleaning

With the warmer weather coming it's time to do some spring cleaning in our inpatient rooms. Please help tidy your child's room by removing unused items. Uncluttered rooms are easier for us to clean and disinfect, which helps reduce the spread of infections. Here are some things you can do to help:

- Remove winter items and clothing.
- Clear out any items or clothing that your child no longer uses or fits.
- Take down older artwork.
- If you stay with your child, please remove anything that you are not using during your stay.

If you require garbage bags or boxes to pack things up, please ask your child's nurse or unit clerical staff. As always, please consider the environment and recycle items when possible.

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](https://www.toronto.ca/public-health).

Infection Control Questions for Kids, Youth and Families



How does Holland Bloorview prevent infection?



Do you want to know what infections are reported publicly by Holland Bloorview?



How does Holland Bloorview rank in hand hygiene compliance compared to other children's hospitals?



Curious about common infectious diseases such as Influenza, RSV, Rhinovirus or Enterovirus? We've got fact sheets to help you learn more!

For more information, contact Infection Prevention and Control:

 (416) 425-6220, ext. 3708

 Caroline Ivorra: CIvorra@hollandbloorview.ca



Client and Family Centred Care updates

- **Caring Closet**

There is a “Caring Closet” located in the SODR lounge (behind the sofas) that has been created for clients and families to access during their stay. It has clothing and personal items that one might need; 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 a child on CCC, BIRT or SODR the Caring Closet is always open and available to you. 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.

- **Workshops and Events for Families**

The Family Resource Centre’s calendar of monthly workshops and events for families from April – June 2026 can be found on the [Workshops and Events](#) webpage. All events are open to both inpatient and outpatient family caregivers, as well as community families in the childhood disability community. While many of the events are held over Zoom, some will be offered in-person. Feel free to reach out with any questions: resourcecentre@hollandbloorview.ca

Upcoming Events:



CommunityCONNECT:

Introduction to Home Gardening with FoodShareTO

Date: Wednesday May 13, 2026

Time: 10:30 am – 12 pm (Virtual)

Contact: Stephanie Moynagh at smoynagh@hollandbloorview.ca



Family Workshop: ADHD Supports with Canadian Centre for ADHD Awareness (CADDAC)

Date: Wednesday May 27, 2026

Time: 10:30 am – 12 pm (Virtual)

Contact: Ishwarya Shankar at Ishwarya.shankar@hollandbloorview.ca



Harmony OnTrack Music Therapy Group – Caregivers and Staff



Harmony Ontrack Music Therapy Clinic: Join us for this final session to learn a new instrument, play music together, and have some fun! The 6-week ukulele drop-in will take place weekly on Wednesdays. A limited number of ukuleles will be provided.

Date: Thursday May 7, 2026

Time: 1:00 pm – 1:45pm

Where: SODR Activity Lounge

Contact: Reede Parisi at rparisi@hollandbloorview.ca

For more information on services offered through the Harmony OnTrack Music Therapy Clinic, scan the QR code above.

Reminders and Resources for Inpatient Families



Inpatient Unit Reminders

Recommended visiting schedule

As clients are often participating in therapy programs and school during the day, visits from siblings and other visitors are strongly recommended to take place:

- Monday to Friday between 4:00pm to 9:00pm.
- Saturday, Sunday, and Statutory holidays between 10:00am & 9:00pm
- All visiting hours end at 9:00pm

Visitors and accommodations

- One parent/caregiver (16 years of age or older) plus one child under 30 months may stay by your child's bedside overnight. 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.
- Two persons plus one child under 30 months can be at your child's bedside during the day.



Gatherings

A friendly reminder that clients and families are not permitted to use staff meeting rooms for 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, Spiral Garden, or the front courtyard) depending on the circumstance including weather conditions or hospital-wide programming.

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

A friendly reminder that 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 purchase from nearby grocery stores. Each machine costs \$2 per load, and payment is by **card only**. If you do not have a credit card, please reach out to your team for assistance.

Family Fridge Reminders

For your convenience, we can provide **ONE** plastic bin to keep 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.

Fridge etiquette:

- *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.*

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.



Pro Bono Triage Lawyer

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 masemann@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>.



Family Support Specialists

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.



Online booking system for Family Accommodations

Family Accommodations has an updated [webpage](#) and a new user-friendly online booking system. It's designed to offer a seamless experience for families and guests, provide easy access to details around booking requirements and payment options, and enable clients and families to book accommodations online.



Join the BLOOM Community for Resources on Parenting Children with Disabilities

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.



Semi-private spaces designated for those breastfeeding and chestfeeding onsite

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.



Family Mentor Program

The Family Mentor Program can connect you with a trained peer support volunteer who has experience as a Holland Bloorview caregiver. They can provide you with social support, a listening ear, and help you find the resources you need during this challenging time. To learn more about this program and how you can be matched to a mentor, please go to: www.hollandbloorview.ca/familymentor



HB Family Support Network

HB Family Support Network

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.



Spotlight Award Program

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>.



Food Services Information

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>



Emergency Preparedness

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 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.
- **Marcia Sivilotti**, Clinical Operations Manager for Specialized Orthopedic and Developmental Rehab (SODR) msivilotti@hollandbloorview.ca or (416) 425-6220 ext. 6338.

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

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A teaching hospital fully affiliated with the University of Toronto