

PARENT TIPSHEET: Indoor Walking Route for In-patient Families



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This route was designed for In-patient families to take a walk around the hospital for some exercise and a break. This route incorporates a scavenger hunt with activities if caregivers are doing this route with their children. If you are doing the scavenger hunt, you may want to bring a writing utensil.

1. Start on the 3rd floor on the rear side of the elevators
 2. Turn right and behind towards Complex Continuing Care (CCC)
 - a. Look at the Spiral Garden Display, can you find the book?
 3. Continue walking down the hallway, past the therapeutic playroom
 4. When you reach the end of the hallway turn left at the CCC Activity and Dining Lounge
 5. Turn left again at the nurse's station
 - a. Count the minions _____
 6. At the end of this hallway turn left
 7. Turn right back towards the elevator
 8. At the elevators, turn right and walk down until you reach the Specialized Orthopedic and Development Rehab (SODR) activity room
 9. Turn left
 10. Turn left by the nurse's station and walk all the way down the hall to the Brain injury Rehabilitation Team (BIRT) unit
 - a. Can you find the rainbow on the wall?
 11. Turn left at the nurse's station
 12. Turn left at the BIRT Dining Room
 - a. Can you find the eggs in the nest somewhere down this hallway?
 13. Down this hallway is the reflection room where families can pray and meditate in a quiet space. If you wish, you can go inside and take a reflective moment in the room.
 14. Now we will be going down to the second floor, you can take the elevator or the stairs
 15. Start at the rear side of the elevators on the second floor
 - a. Can you spot the dolls on swings?
 16. Turn left and walk all the way down the hall. This is a dead end but take a moment to look out the window. Note down a few things you see:
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17. Walk back towards the elevators and to the East side of the building behind the elevators.
 - a. ScreenPlay 2.0 is interactive electronic technology on the 2nd floor waiting area. Roll or step on the carpeted sensors on the floor to change the pictures on the screen.
18. Continue walking past the dental services all the way to the Kindercircle Day Care
19. Turn around back down the hallway
 - a. Somewhere down this hallway there is a compressed air filling station. Can you find it? This is where you can fill wheelchair tires if they get low.
 - b. When you reach the main waiting area, count the seahorses on the fish tank. I found _____ seahorses!
20. Take the elevator or stairs down to level 1
21. From the front side of the elevator, turn left towards the cafeteria
 - a. If you wish, you can get a treat from Tim Hortons as a reward for almost finishing the walking route!
 - b. If the weather permits, you can walk outside in Spiral Garden. The exit to Spiral Garden is in the eating area of the cafeteria.
22. Walk back towards the Atrium
 - a. Can you spot the herons (birds) in the Atrium? How many are there? _____
23. Visit the Family Resource Centre! Here you can loan a book with a library card, get resources, or use our quiet area for relaxation.
24. Once done in the Resource Centre, turn left, then left again down the hallway by main reception.
25. Find the Ronald McDonald Playroom
 - a. Play the eye spy located next to the Playroom
26. In this area you can also view the swimming pool
 - a. There are currently _____ people swimming.
27. Continuing walking down this hallway, we are almost complete our journey!
 - a. Can you find the snakes and ladders board?
28. Walk all the way back to the main elevators and return to your room

This concludes our walking route!