

Travel Guide: Philadelphia, PA (CHOP)

CHILDREN'S HOSPITAL OF PHILADELPHIA

Address: 34th and Civic Center Blvd., Philadelphia, PA 19104

Website: www.chop.edu

Directions: For driving directions and public transportation to CHOP, as well as maps and a virtual tour, go to www.chop.edu. You may also call the Travel Directions Hotline at 215-590-7275.

Parking: Signs will direct you to the Wood Center Parking Garage. Once you park, take the building elevator to the building you are visiting – either the Wood Center for clinic or the main hospital. Get more specific directions from the information desk, a security guard, or a CHOP employee. *Make sure you get your parking validated so that parking will be \$3.00.*

WHERE TO STAY:

Ronald Mc Donald House
3925 Chestnut Street
Philadelphia, PA 19104
215-387-8406

This “home away from home” is available to those traveling more than 25 miles to CHOP. Cost is \$15/night per family based on room availability; reserve by calling the House directly or through the nursing or social work staff.

Sheraton University City Hotel
36th and Chestnut Streets
215-387-8000

For additional hotel information, go to www.chop.edu.

More on the Ronald McDonald House:

- 1) Call the house **on the day of your attended arrival between 10am and 1pm** to confirm your room. If the house is full, RMH will try to place you in a local hotel. The Ronald McDonald House in Camden, NJ is also an option.
- 2) All families, no more than 5/room, must check in by 8pm on the day of arrival. There is free parking in the RMH parking garage.
- 3) Sheets and towels are provided.
- 4) The kitchen pantry contains free food for families during their stay, based on availability of donated items. A home-cooked meal is provided for guests each evening by volunteers from the community. Free milk and juice is also provided.
- 5) Shuttle Service: Two vans provide transportation on a regular schedule to and from CHOP.
- 6) Laundry rooms are available. Bring quarters. If you are in-patient at CHOP, there is a free laundry room in the Ronald McDonald lounge on the oncology floor. Transplant patients will need to wash special blankies or stuffed animals daily so bring extras.
- 7) Ask the Philly RMH to send you a welcome packet containing directions, rules, and alternate housing.
- 8) An RMH social worker is available to assist families.

- 9) Best of all is the large playroom with craft area, computers, puppet theater, playhouse, and loft area with video games and books. There is also a teen area with billiards and large screen TV. A small exercise area and a nice outdoor playground provide physical activity.

NAVIGATING THE HOSPITAL

Before You Arrive: Go to www.chop.edu and select “Programs and Services” and “Your Visit.” These online resources introduce you to the CHOP:

[Welcome Folder](#)  PDF (752K)

This downloadable folder prepares you for your stay at The Children’s Hospital of Philadelphia. You’ll get quick tips on how to talk to your child about hospitalization, what to bring, how to get here, where to stay, and how to keep in touch while your child is in the hospital.

[Patient and Family Guide video](#)

This online video shows you what to expect during your stay at The Children’s Hospital of Philadelphia. You’ll learn how to identify caregivers, find your way around, access family resources, get visiting policies, arrange for school classes and more.

[Hospital Virtual Tour](#)

Our interactive Virtual Tour lets you visit the Hospital in the comfort of your own home. See points of interest such as our child-friendly Atrium, patient rooms, Operating Room, Connelly Resource Center for Families, cafeteria and ATMs, and call our contact numbers for more information.

Wonderful Website for Children: www.kidshealthgalaxy.com

What you'll find on Kidshealthgalaxy.com

- Information for children ages 6 to 12 about coming to the hospital, and what to bring with you for an overnight stay
- A kid-friendly virtual tour of Children’s Hospital
- Descriptions of some of the people you may meet when you visit
- Animated movies describing some common medical procedures, like having an x-ray or getting an IV
- Definitions of medical equipment kids are frequently exposed to in a hospital setting
- An online pre-operative tour, describing what it’s like to have an operation at Children’s Hospital
- Games and activities

Research has shown that children who are prepared for healthcare experiences have better outcomes. Whether your child is coming to Children's Hospital for the first time or has visited us before, this site will help your visit go more smoothly.

What to Bring to CHOP for an Outpatient Clinic Visit

- Appointment information
- Doctor's name
- Department building name/location

- Name and telephone number of your referring physician
- Name and telephone number of family physician (if different from above)
- Insurance cards
- Insurance referral immunization record
- Medical or personal records (X-Rays, lab tests). If you are unsure of what to bring, please call the outpatient office you are scheduled to visit.
- A list of questions you may have for the physician. If your child is old enough, help him or her to add to the list too.
- Social security number of the patient and both parents (for insurance purposes)
- Child's birth certificate (if name has been legally changed)
- Another adult to assist you if you must bring other children
- Books, games, snacks, formula, diapers, change of baby clothes or other necessities. (Please do not bring food if your child must fast for testing.)

What to Bring to the Hospital for a Day Surgery Procedure

If your child is staying overnight, pack a suitcase with a change of clothing for yourself and your child. Children's pajamas and slippers are available at the hospital. Also, pack an empty bottle or sippy cup to use after the surgery. Older children may bring headphones or a hand-held game to help them relax.

What to Bring to the Hospital for an Inpatient Stay

- Bathrobe
- Infants/toddlers: favorite toy or item from home (please limit to one or two small items)
- School age/teenagers: books, magazines, cosmetics, school work
- Insurance and Medical Assistance Information (including subscriber and access cards)
- Name/phone # of your family physician & others involved in your child's care

AMENITIES AND SUPPORT AT CHOP

Family Services:

[Connelly Resource Center](#)

The Connelly Resource Center for Families and other family resource rooms are quiet places to take a break or nap; browse through information on healthcare, finances, parenting and education; speak with the family librarian; surf the Internet; attend a coffee hour or select children's books and videos. A Family Learning Center in the Connelly Center offers many classes to help families learn new skills needed to care for their children in the hospital or at home.

[Child Life Services](#)

The staff of the Child Life, Education and Creative Arts Therapy Department help children, teens and family members cope with the healthcare experience through developmentally appropriate activities

for children, education about and preparation for medical procedures and through emotional support.

[Social Worker](#) – Stephanie Fooks, fooks@email.chop.edu, 215-590-3445

[Religious](#) - Chaplain Jack Rodgers and Sister Alice Stroger, 215-590-1147

[Sibling Support](#) – **Sibshops** is a program run quarterly and is open to all siblings in the hospital. Child Life and Social Work is available to work with siblings one-on-one.

[Hospital Pharmacy](#) – 1st floor of the Main Hospital, 215-590-1147

Inpatient Services:

[Unit Playroom](#) – open all the time. If your child is in transplant, you must schedule time daily.

[Ronald McDonald House Lounge](#) – open all the time. This cozy lounge has a kitchen with refrigerators, coffee, and a sink. There's also a seating area with magazines, books and a TV. You'll find a free washer and dryer. Special events include weekly suppers, massage, haircuts, and support or informational meetings.

[Internet Availability](#) – most rooms have wireless internet

[Wheel Chairs](#) – found throughout the hospital

[Inpatient Kitchen](#) – The Ronald McDonald Room

[Sleeping](#) – 2 parents are allowed to sleep on the South side, however CHOP will only provide bedding for one. Families can bring an air mattress or sleeping bag.

Dining:

[Cafeteria](#) – located on the main lobby/atrium level. Large cafeteria has a deli, sushi, fresh fruit, snacks and sweets. Vending machines and a coffee bar are available in the main dining area.

[McDonald's](#) – located on the main lobby level/atrium

Fun at CHOP:

[Gift Shop](#) - located next to glass elevator in main lobby/atrium. You'll find candy, toys, toiletries, cards, jewelry, plush animals and more.

[Atrium Play Area](#) – located in main lobby/atrium. Experience the moving art. Touch and play with health related displays. Gaze at the fish tank. Bring anti-bacterial wipes, especially if your child is immuno-suppressed.

Activities, Stores and Restaurants near CHOP and RMH: NEED ADDRESS and (phone #'s just for restaurants)

- 1) Grocery Store – The Fresh Grocer, 40th and Walnut St.
- 2) Post Office – 30th and Market St.
- 3) Ben and Jerry's – 40th between Walnut and Sansom
- 4) Drug Stores – CVS, 34th and Walnut (next to the food court)
- 5) Penn Book Store – 3601 Walnut St.
- 6) Food Court – 34th and Walnut St.
- 7) Chinese Restaurant – Beijiing Chinese Rest. on Spruce St. below 38th
- 8) Marathon Grill – 40th and Walnut

- 9) Potbelly Restaurant – across from CHOP, attached to Penn Towers

Helpful Tips:

- 1) When staying at a hospital or RMH, it's helpful to have a "pre-packed" 2 or 3 drawer plastic cart on wheels. You can store your child's favorite games and toys, art supplies, DVDs, snack items, restaurant menus and maps, storage containers and baggies, a corkscrew, etc. It's wise to have your own sponge in a sealable dish to wash your child's dishes so you don't have to worry about germs on a communal sponge. One of the drawers is a good place to stash little wrapped gifts for daily rewards. You'll find other "must-haves" to add to your drawers!
- 2) Some sanity stress-busters at CHOP include:
 - Strolling through the University of Pennsylvania campus. There's also an easy walk through the university to get to CHOP from the Philly RMH. Just ask at the RMH desk.
 - Enjoy coffee and browse books at the Penn Bookstore.
- 3) Visit CHOP's award winning website for even more at www.chop.edu

Please contact info@cncfhope.org with any comments