

HOME AND COMMUNITY CARE SUPPORT SERVICES

Champlain

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www.healthcareathome.ca/champlain
www.champlainhealthline.ca

Assisted Living
Services Health
Providers:

*Barry's Bay and Area
Senior Citizen Home
Support Program*

*Soins continus
Bruyère/
Bruyère Continuing
Care*

*The Grove Nursing
Home - Assisted
Living Program*

*Hawkesbury HGH-
Assisted Living
Program*

*North Lanark Assisted
Living Program*

*Mills Community
Support Corporation*

*Residence Montfort
Renaissance*

*Ottawa West
Community Support*

*Perley Rideau
Veterans Health
Centre*

*Personal Choice
Independent
Living/Choix
personnel vie
autonome*

*Renfrew Victoria
Hospital*

*Red Cross Care
Partners*

*Williamsburg
Non-Profit Housing
Corporation*

Carefor Health and
Community Services

Assisted Living Services For High Risk Seniors

Information for Seniors, Families and Informal Caregivers

When illness or disability increases your dependency on others for support, it can often lead to questions about independent living and whether or not you can still manage living in your own home.

Perhaps you have been using homecare services offered through the Home and Community Care Support Services Champlain or your local community support services agency, but recent changes in your health mean those services are no longer sufficient to support your needs. Perhaps you've had the support of a family member or friend, but they're not always available at times in the day when you most need their support. That's where the Assisted Living Services can help.

What are Assisted Living Services?

Assisted Living Services are publicly funded, community-based health care services that provide eligible seniors with the personal support and services you need to allow you to continue living on your own for as long as possible. There is no cost to you for the services provided.

Services are offered through approved Community Support Service agencies within the Champlain region. Each agency is dedicated to providing the same high quality, level and range of services. Within designated geographic serving areas, regardless of whether you live in a house, an apartment, a condominium, on your own or with an informal caregiver, Assisted Living Services can help bring peace of mind to you and your family. Assisted Living Services can deliver personal support services where and when you most need them – anytime – day, evening or overnight on a schedule or unscheduled 24/7 on-call basis.

What services are provided?

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Assisted Living Services provide non-medical services that include:

- Help with everyday activities (see list below)
- Safety and reassurance checks (via phone or in person)
- 24 hour urgent response

Assisted Living Services focus on every day activities that you can no longer do or find challenging to do on your own such as:

- washing/bathing
- mouth care
- hair care
- preventive skin care
- transferring / positioning / turning
- dressing / undressing
- help with eating(cueing, set up, meal prep)
- toileting or incontinence care
- reminders to take medications
- range of motion
- exercising
- facilitate access to other service providers for services (examples: escorting to medical appointments and/or transportation)
- light dusting, sweeping, vacuuming
- mopping floors
- washing dishes/countertops
- making light meals
- bed making and laundry
- cleaning and disinfecting bathrooms
- security checks
- emergency response call-help service

Assisted Living Service patients can receive daily security checks either in person or by phone to make sure you are okay. Electronic emergency response system is provided for patients, giving you 24-hour access to Assisted Living Services' staff in the event of an urgent situation.

The Assisted Living Service staff work together with you to determine the best mix of services to meet your needs, and then pre-schedule the services as appropriate at the times of day when you most need them. In addition, they are available to come to your home at any hour within a 24 hour period of time, offering on-call services seven days a week, 365 days a year.

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How do I know if I can get Assisted Living Services?

Your Care Coordinator from the Home and Community Care Support Services Champlain will work with you and your family to determine whether you are eligible for Assisted Living Services. These services are currently available to individuals, 60 years of age or older who:

- live in their own private home, or are a tenant in a residential setting such as an apartment building or senior citizens' residence (retirement home settings are not eligible) which is within the designated serving area of an Assisted Living Service agency
- demonstrate a need for daily access to personal support and/or attendant services throughout a 24 hour period (may or may not require homemaking services)
- are able to direct their own care or have a substitute decision-maker or a live-in caregiver to direct care
- are able to communicate their needs (with or without aides)
- are medically stable (medical/professional needs can be met by the Home and Community Care Support Services family physician or other community providers)
- pose no risk to themselves or others
- new patients with an existing LTCH application prior to January 1, 2011ⁱⁱⁱ may remain on ALS-HRS and LTCH waitlists, after this date, patients may only be waitlisted for one program.

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How can I find out more about Assisted Living Services?

To find out more about Assisted Living Services call the Home and Community Care Support Services Champlain main intake department toll free at 1-800-538-0520, or 613-745-5525, 310-2222 or web site: <http://healthcareathome.ca/champlain/> .

A Home and Community Care Support Services Champlain staff member will be happy to provide more details and assess your eligibility for these services.

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- ⁱ **Note:** new patients living in the City of Pembroke with an existing LTCH application made prior to June 2013 may remain on both ALS HRS and LTCH waitlists. After this date, patients may only be waitlisted for one program.
- ⁱⁱ new patients living in the Cities of Alexandria, Kanata and Kemptville with an existing LTCH application made prior to December 2013 may remain on both ALS HRS and LTCH waitlists. After this date, patients may only be waitlisted for one program.