What is the Convalescent Care Program?
Following surgery or serious illness you may not require hospital-level care, but you are not yet ready to safely return home.

The Convalescent Care Program provides 24-hour care to people who require specific medical and therapeutic services in a supportive environment. The program will help you recover your strength, endurance and functioning before returning home.

What services could I get?
Convalescent care provides the care you need, when you need it, including:
- medical and therapeutic support;
- a specialized care plan to help you regain your strength and independence; and
- guidance for your family and caregivers in how to support you.

Who provides my care?
Depending on your needs, you will receive care from a specialized care team led by doctors and nurses with support from professionals such as occupational therapists, physiotherapists, dietitians and social workers.

Is the Convalescent Care Program for me?
You may benefit from convalescent care if:
- your doctor has said your health condition is stable and you do not need to be in the hospital;
- you plan to return to your home or community and your health care team says you are likely to do so within 30 to 45 days;
- you are willing to learn and are capable of acquiring the knowledge and skills that will help you become more self-sufficient;
- you have needs that currently cannot be met by the home care program in your community;
- you are at least 18 years of age; and
- you have a valid Ontario Health Card.

The Convalescent Care Program is not intended to serve individuals needing complex continuing care or palliative care.

How long will I stay?
Most convalescent care residents remain in the program for no more than 30 to 45 days at one time for a maximum of 90 days per calendar year.

Who can refer me?
The Central East Community Care Access Centre (Central East CCAC) Care Coordinator can discuss with you how your needs could be met through the Convalescent Care Program. Referrals to the program are coordinated through the Central East CCAC.

Where is the Convalescent Care Program delivered?
The Convalescent Care Program is delivered in long-term care homes that have met guidelines for specialized care. These guidelines include:
- a core team of professionals providing specialized care services to convalescent care residents;
- proven experience in delivering quality health and personal care;
- appropriate supplies and equipment; and
- rooms designed to give you privacy, rest, and comfort.
How much does it cost?
The Convalescent Care Program is funded by the Ministry of Health and Long-Term Care. However, you will be charged for some additional services, such as telephone and television. You will also be responsible for transportation to and from medical appointments.

What happens when it’s time to return home?
When it is time to return home, the Central East CCAC Care Coordinator will help you arrange the services and supports you may need at home or within your community.

Need more information?
For more information, please contact your nearest branch of the Central East CCAC.

Central East CCAC Offices
- Campbellford Branch - 119 Isabella Street, Unit 7, Campbellford Ontario K0L 1L0 705-653-1005
- Haliburton Branch - PO Box 793, 13321 Hwy 118, Haliburton Ontario K0M 1S0 705-457-1600
- Lindsay Branch - 370 Kent Street West, Unit 11, Lindsay Ontario K9V 6G8 705-324-9165
- Peterborough Branch - 700 Clonsilla Avenue, Suite 202, Peterborough Ontario K9J 5Y3 705-743-2212
- Port Hope Branch - 151A Rose Glen Road, Port Hope Ontario L1A 3V6 905-885-6600
- Scarborough Branch - 100 Consilium Place, Suite 801, Scarborough Ontario M1H 3E3 416-750-2444
- Whitby Branch/Head Office - 920 Champlain Court, Whitby Ontario L1N 6K9 905-430-3308
  Toll-free: 1-800-263-3877
  TTY Line: 1-877-743-7939

Centraleasthealthline.ca
Wherever you live in Ontario, to find health care and community-based services, call 310-2222 (CCAC) or 310-2272 (CASC) for service in French, or visit www.centraleasthealthline.ca.

Outstanding care – every person, every day.