

## Talking about Long-Term Care with your loved ones



By the time an individual becomes a senior, they have typically gone through many losses and, with increasing age, there are even more losses. You lose friends and family members – you may even lose your income. With so many types of loss, many people have a tendency to become sad and depressed, often leading to the beginning stages of memory loss.

There are a number of obvious signs that indicate a person is getting to the point when extra care is needed. These include frequent trips to the hospital, improper use of medications, confusion, anxiety or depression and a disheveled appearance.

When an individual experiences an increase in anxiety, depression or memory loss, they may find it more difficult to remain living in their home safely. Whether it is an individual or family concern, discussing Long-Term Care (LTC) options is never easy. There are many factors to consider including complex care needs, preferred location and financial implications. Regardless, deciding when to consider options for LTC is often difficult for individuals and their families.

If you're thinking about the care you will need in the years ahead, your Community Care Access Centre (CCAC) can help. They can connect you with the care you need at home or in the community. A CCAC care coordinator is a knowledgeable health professional who knows your community. They can help assess your need for care and services, provide you with a list of resources available to you, and explore options for care with you and your loved ones. Your care coordinator will provide you with information and support to help you make decisions that are right for you.

Anyone can make a referral to HNHB CCAC to talk about health care needs or long-term care. Anyone can make a referral on your behalf including you, your family doctor, a family member or a friend. If you think that you or someone you care about may benefit from CCAC services, I encourage you to get in touch. For HNHB CCAC contact information, visit [www.healthcareathome.ca/hnhb/en/Contact-Us](http://www.healthcareathome.ca/hnhb/en/Contact-Us) .