



Transitional Bed Care Program

**Hamilton Niagara Haldimand Brant
Local Health Integration Network**

Planning Your Care



What is Transitional Care?

HNHB LHIN's Transitional Care Bed Program is a short term program for people who are ready to be discharged from hospital but are not ready to go home. They also need temporary care supports to regain their strength and well-being, and time to make decisions about their future living arrangements while they recuperate. The program provides personal support in either a retirement home or assisted living setting. Transitional care is only intended as a short term measure with a maximum stay of 30 to 60 days.



How can transitional care help me and what can I expect?

Transitional care provides you with around the clock personal care in a residential setting and is available in specific locations. Information about the program and a complete review of all services available to you in transitional care is provided by your care team. You are encouraged to visit locations with your loved ones. Throughout your stay in transitional care, your care team will review and update your care plan and update your care supports based on your needs. Your care team will help you plan your future living arrangements, and your HNHB LHIN care coordinator will review options to support you in making decisions about your next steps.

Understanding the Transitional Bed Care Program in 10 Easy Steps

Step 1 – The Application Process

Together with your hospital care team, your HNHB LHIN care coordinator will complete the application for transitional care based on your care needs. Transitional care is available in specified locations. Your care team will provide you with a list of transitional care locations that best match your needs.



Step 2 – Take a Tour and Review the Costs



Make sure you visit the transitional care site in person or visit their websites for a virtual tour. REMEMBER – you'll have to budget for daily accommodation fees to cover housing and meals. Rates are different at each location and can range from \$45 to \$110 a day for semi-private and private rooms. Check with your specific transitional care location for information about what's included in the accommodation costs at each location.

You and/or your family are responsible for any/all additional costs including but not limited to personal hygiene products and prescription drugs or medical supplies that are not covered as part of your LHIN care plan

Step 3 – Submit Your Choice List

After reviewing your options, provide your LHIN care coordinator with your list of choices of where you're willing to go for transitional care. Your care coordinator will submit the application for a transitional care bed.



Step 4 – Application Review

The transitional care bed facility will review your application. If they have questions or need more information, they'll work with your LHIN care coordinator and the hospital to get the most up to date information.

Step 5 – Wait List

When your application is approved, your name will be added to a waiting list until a bed becomes available if one isn't readily available for you.

Step 6 – A Bed is Now Available

When a bed becomes available, your LHIN care coordinator will complete a care assessment. The application will be updated to address any changes to your health and develop a care plan based on your current care needs. You/your caregiver will be provided with a bed offer and move-in date.

Step 7 – Move-In Date and Preparation



Your hospital care team will support you by confirming your discharge arrangements including such things as transportation and medications, and they'll also confirm your medical care arrangements with your family doctor. Remember to read and sign your accommodation agreement carefully to make sure you understand what you are responsible for, including costs for additional support and services.

Step 8 – Admission to the Transitional Care Bed Program

Now that you've completed the first seven steps, you can move into the transitional care facility. You'll also have to read and sign your accommodation agreement if you haven't already done so.

Step 8 – Follow the Check List

To help you get ready for your transitional care stay, **use the handy check list on page 5.**

Step 10 – Reviewing Options for the Future

HNHB LHIN is here to help! Your LHIN care coordinator will meet with you as soon as possible, within the first 2 weeks of your arrival at the transitional care site to discuss your care program. We'll also provide information to help you make plans for your future living arrangements. Call your care coordinator any time to ask questions or share any concerns you may have.



Packing Checklist

Please bring these items

- Toothpaste
- Toothbrush
- Soap
- Body wash
- Body lotion/moisturizer
- Barrier cream e.g. 3M Cavilon
- Deodorant
- Briefs Size: S/M L/XL XXL _____
- Disposable cleansing wipes e.g. Baby wipes
- Shampoo
- Comb and/ or brush
- Electric shaver
- Bed pads – lifter pads/waterproof soaker pad
- Tissues e.g. Kleenex

Clothing

- Pants x 7 – elastic waist recommended
- Shirts x 7
- Sweaters
- Pajamas/nightgowns – at least 2 or 3
- Socks/stockings
- Shoes/slippers
- Apron/clothing protector for meals

Your Care Coordinator is

Telephone Number



You may also want to bring

Mouth Care

- Mouth rinse
- Mouth swabs
- Denture cleanser/adhesive such as Polident
- K-Basin

Bed Care

- Urinal
- Bed pan
- Spray soap No rinse peri-wash
- Extra pillows

Catheter Care

- Vinegar
- Alcohol wipes

Briefs/Undergarments

- Size: S/M L/XL XXL _____
- Briefs with tabs and/or pull-ups
- Heavy/overnight briefs
- Pads/liners for inside briefs or underwear

Diet

- Thickener for fluids such as Nestle Resource Thicken Up



Contact Us

For more information about home and community care, long-term care placement or other available services including the Transitional Bed Care Program, please contact your local HNHB LHIN office today:

- **Toll free** **1-800-810-0000**
- Hamilton 905-523-8600
- Burlington 905-639-5228
- Niagara 905-684-9441
- Haldimand-Norfolk 519-426-7400
- Brant 519-759-7752

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