

Short Stay Respite Programs in North Simcoe Muskoka

Introduction

North Simcoe Muskoka Local Health Integration Network (NSM LHIN) coordinates the Short Stay Respite Program, which arranges for temporary care for patients whose family or caregiver is going on a vacation or need a rest. All short stay respite beds are located in long-term care homes, and it is recommended that you book early to ensure the right space is available when you need it. Bookings can be made up to one year in advance.

Please note: Short stay respite beds are allocated on a first come/first served basis, and a bed can be booked for up to 60 days (depending on availability), and used for a maximum of 90 days in a calendar year.

Booking a Short Stay Respite Bed:

Call us to be connected to a Care Coordinator who will do an assessment to determine eligibility for the Short Stay Respite Program.

Please note:

- If physician services are required during the short stay, your regular doctor must provide this care/service coverage.
- Bookings are tentative until the application is approved by the long-term care home the short stay bed is located in.
- Access to your short stay bed could be delayed or cancelled due to illness. Having a back-up plan is recommended.

Cost

The cost per day for the Short Stay Respite Program is revised annually by the Ministry of Health and Long-Term Care. As of July 1, 2019 the daily rate for a short stay bed is **\$40.24**.

Next Steps Once Your Short Stay Bed Is Booked:

- Make an appointment to visit the long-term care home prior to the stay.
- Make an appointment with your family doctor a few weeks in advance of the stay as the long-term care home will require a signed medical order including activity level, diet restrictions and medications.
- If you are the caregiver, talk with your family member who is using the short stay bed to give them time to adjust to this short-term change.
- Inform other service providers of the planned stay (e.g., day programs, transportation, and meal services).
- Plan time (approx. 1 hour) to complete admission paperwork at the long-term care home on the day of admission. If you are not able to sign the paperwork yourself, a family member must be present to discuss consent, Power of Attorney, and advanced directives.
- Arrange transportation to and from the short stay site, including transportation for any appointments that are scheduled during the short stay period.

What You Need to Bring for the Stay:

- Health Card, Power of Attorney documents (if applicable).
- Adequate, comfortable clothing (no wool). The long-term care home will do laundry and label clothing at no additional cost. You may opt out of this service if you prefer.
- Personal toiletries and appropriate footwear.
- Method of payment. Do not bring valuables or large amounts of money; a small amount of cash may be needed for personal needs such as snacks or hair care.
- Bring all medications in their original pharmacy labelled containers.
- Mobility equipment.

Your Short Stay Checklist

- Visit the long-term care home and discuss the upcoming short stay.
- Arrange for medical orders from your family physician (if required).
- Notify other service providers of the Short Stay period.
- Organize transportation to and from the Short Stay facility.
- If you cancel your Short Stay, call your Care Coordinator and other service providers.
- If your condition has changed since the assessment, notify your Care Coordinator.

**Contact the North Simcoe Muskoka Local Health Integration Network (NSM LHIN) to ask about
Caregiver Short Stay Respite and Convalescent Care Programs
705-721-8010 or 1-888-721-2222**

Home and Community Care, NSM LHIN:
15 Sperling Drive, Suite 100, Barrie, Ontario, L4M 6K9
www.nsmhlin.on.ca

Information and Referral Call Hours:
8:30 a.m. to 8:30 p.m. every day of the week.