

The Convalescent Care Program is delivered through these long-term care homes located in Home and Community Care Support Services Central:

Aurora Resthaven

32 Mill Street
Aurora, Ontario
L4G 2R9
905-727-1939

Hawthorne Place

2045 Finch Ave. West
Toronto, Ontario
M3N 1M9
416-745-0811

Seniors' Health Centre

2 Buchan Court
North York, Ontario
M2J 5A3
416-756-0066

York Region Maple Health Centre

10424 Keele Street
Maple, Ontario
L6A 2L1
905-303-0133

York Region Newmarket Health Centre

194 Eagle Street
Newmarket, Ontario
L3Y 1J6
905-895-3628

CONTACT US

**Home and Community Care Support Services
Central**

11 Allstate Parkway
Suite 500
Markham, ON L3R 9T8

By telephone or TTY:

905-895-1240

416-222-2241

1-888-470-2222

TTY: 416-222-0876

310-2222 (area code not required)

Visit our website at

healthcareathome.ca/central

For health and community
services, visit

centralhealthline.ca

Follow us on

 **[@Central_LHIN](https://twitter.com/Central_LHIN)**

Convalescent Care

Helping you return to better health



What is the Convalescent Care Program?

Following surgery or serious illness, you may no longer need in-hospital care but you may not be ready to return home safely.

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, energy and functioning before returning home.

What services are provided?

Convalescent care offers:

- A customized care plan designed to help you regain your strength and independence
- Medical and therapeutic support
- Guidance to help your family and caregivers support you most effectively

Is Convalescent Care for me?

You may benefit from convalescent care if:

- Your condition is medically stable and you do not need to be in the hospital
- You require a temporary stay while you regain strength and independence prior to returning home
- You are motivated and capable of participating in therapy programs



- You are at least 18 years of age
- You have a valid Ontario Health Card

The Convalescent Care Program is intended for people who require temporary supportive and rehabilitative care. It is not intended for people requiring complex continuing care or palliative care, or those seeking permanent placement in a long-term care home.

If you are not eligible for the Convalescent Care Program, your care coordinator will help you explore alternate options.

How do I access Convalescent Care?

Your doctor, nurse practitioner, hospital staff or care coordinator will discuss your care needs and how it can be met through the Convalescent Care Program, and make the referral. Applications are arranged through your local Home and Community Care Support Services.

Based on your individual needs, you will receive care from a multidisciplinary team of doctors, nurses and therapists.

Where is the Convalescent Care Program delivered?

The Convalescent Care Program is delivered through long-term care homes that have:

- Met provincial standards for providing specialized care
- A core team of professionals providing specialized care services to convalescent care patients
- Proven experience in delivering quality health and personal care
- Appropriate supplies and equipment
- Rooms designed to give you privacy, rest and comfort



How long will I stay?

The typical length of stay in the Convalescent Care Program is 45 to 55 days.

How much does it cost?

The Convalescent Care Program is funded by the Ministry of Long-Term Care. The program is free for eligible patients.

You will be responsible for the cost of services such as telephone and television, transportation to and from medical appointments, and co-payment for medications.

What happens when I am ready to return home?

When it is time to return home, your care coordinator will conduct a personal health assessment and help you arrange community services, as necessary.