

## Tips on Choosing a Long-Term Care Residence

Choosing an appropriate long-term care residence for a loved one takes time and research, but you're already off to a great start. The Care Guide includes comprehensive listings of residences in the area, and TheCareGuide.com provides further details of each.

Long-term care residences, also referred to as Intermediate Care, Extended Care or Complex Care Facilities, are licensed and regulated under the Community Care Facilities Act. The Ministry of Health pays for programs and care services in a long-term care residence, and the resident pays a daily fee toward food and accommodation costs. The amount paid depends upon an assessment of the individual's annual income. In a private residence, rates are market driven.

Start by contacting your local Regional Health Authority (see page XX). A case manager will assess the individual's care needs and determine eligibility for long-term care. The assessment is based on one's physical and mental health, ability to care for oneself and information provided by one's doctor. The case manager will provide information and advice and explain the entire process of placement.

You should arrange to visit the long-term care residences of interest since each has its own unique characteristics. The following is a brief list of things to look for and some questions to ask when you tour a long-term care residence:

- Is the home in a convenient location for visiting friends and relatives?
- How clean and well-maintained is the residence?
- Does it appear as though the needs of the residents are being well met?
- How much input and participation do family members have in the individual's care? What are the hours of visitation?
- Is there a safe place for residents to keep personal belongings?
- Is there a volunteer program in place?
- Are personal belongings such as furniture allowed? What about pets?
- What happens if the resident requires hospitalization?
- Can the residence meet your loved one's religious, cultural and language needs?

Here are some other ideas to help you choose the home that can best suit your loved one's needs and preferences:

- While touring a home, ask if you can wander around on your own to get a better feel for the place.
- After a scheduled visit, drop-in another day at a different time of day to see if there are any differences.
- Ask for resident family references who you can contact for their opinions.

Feel free to contact us at 1-800-311-CARE or [info@thecareguide.com](mailto:info@thecareguide.com) should you have any questions or require further assistance.

Source: The Care Guide ([www.thecareguide.com](http://www.thecareguide.com))