

RESIDENTIAL RESPITE PROGRAM

Long-Term Care Program



Eastern
Health

What is respite?

Your caregiver dedicates time and energy into caring for you. Respite gives you, and your caregiver, a much-needed break. With advanced planning you can be cared for in a Long Term Care (LTC) facility for a short period. Respite services may be provided in a Personal Care Home or a Nursing Home depending on your care needs.

Who is eligible for respite in a LTC facility?

A community case manager will let you know if you are eligible for service and what LTC facilities can meet your care needs. In order to participate in the program you must agree to pay the cost of service and arrange for drop-off and pick-up at the end of the agreed stay.

How much does it cost?

A daily rate is charged for respite services. A community case manager can tell you the current rate. This rate does not include the cost of medication, some medical supplies and transportation, if needed. Television/cable and telephone services may be available for a small fee. As well, you will be expected to provide your own personal hygiene items. If you feel you are unable to pay the daily cost you may request a financial subsidy by completing a financial assessment package. Arrangements for payment of your care must be arranged in advance.

How long can I stay?

You may book up to thirty (30) days in a calendar year depending on your care needs and room availability. It is up to you to decide how you will request your service. For example, it may be one block of 30 days or 3 blocks of 10 days. Bookings for respite service are scheduled up to one (1) year in advance and are on a first-come first served basis.

How do I book a stay?

Your Community case manager can help you access respite services. If you do not already have a case manager, you or your caregiver should call the Eastern Health office in your area. For office listings see your telephone book or visit the Eastern Health website (www.easternhealth.ca) and view the information provided under the Long Term Care program. Your case manager will meet with you and complete an assessment. They will provide you with a list of LTC facilities that can meet your care needs. You and/ or your caregiver are encouraged to visit suitable facilities prior to requesting service. If your requested dates are not available at your preferred facility you may be placed on a waitlist in case of cancellation or book service at another facility.

How do I prepare for the stay?

Before your respite stay:

- Ensure that you or your caregiver connects with the manager of the Personal Care Home or Social Worker of the Nursing Home prior to your admission date to make any necessary arrangements and answer your questions. Remember to discuss with them any special needs (i.e. special diet, equipment needs) that you might have in advance.
- Ensure you follow the instructions the facility provide to you on ordering and paying for medications. Your medications from home cannot be used by the facility.
- Label all personal items, including clothing, taken to the facility. This is important if you plan to use laundry services.