

What if I no longer need hospital care but cannot return to my home?

If you need more care than can be met at your home, you have options. Your Social Worker will work with you and your family to help you decide which option below would best meet your needs.

1) Convalescent Care

This program is offered in several long term care homes and helps bridge your stay in hospital with returning home. The health care team on 7 South will identify the goals that you need to work on while in Convalescent Care in order for you to return home.

2) Retirement Home

Retirement homes are best suited for people who can be independent in their own apartment, but would like to not have to worry about their meals, cleaning and medication management. Retirement homes also provide you with a social environment and have activities and outings. You must be able to go to the washroom on your own and be able to be left alone and be safe.

3) **Long Term Care Home (Nursing Home)**

If you need help with daily care needs such as mobility (for example, getting from your bed to a chair), eating or bathing, you may need the care of a Long Term Care Home (also referred to as a nursing home). There are several ways to bridge leaving hospital and moving into a Long Term Care Home:

- **Return home to wait for Long Term Care** – The Community Care Access Centre (CCAC) can assess if going home to wait for long term care, with the help of support services from the CCAC, would meet your needs. This is not always possible and your Social Worker and CCAC Care Coordinator will help you decide if this is an option or not. Once at home, a CCAC Care Coordinator will meet with you and your family to help you apply for Long Term Care.
- **Transfer to a Transitional Bed** – In Hamilton several Retirement Homes have transitional beds, staffed with 24-hour Personal Support Workers (some have nursing support). Once you are moved to a Transitional Bed, a CCAC Care Coordinator will meet with you and your family to help you apply for Long Term Care. Your Social Worker can explain the different Transitional Beds and which ones would meet your needs.
- **Transfer to an Idle Bed** – At times beds in Long Term Care Homes can become available, allowing for you to move right from hospital into a long term care home. Your Social Worker can let you know when idle beds become available and arrange for your loved ones to tour as soon as possible as these beds may be taken quickly. A CCAC Care Coordinator will meet with you and your family to help you apply for an idle bed once you or your loved one has indicated that you would like to apply.