

***LONG TERM CARE:
MOVE-IN DAY***



Eastern
Health

LONG TERM CARE PROGRAM

www.easternhealth.ca

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WELCOME

We understand moving to a Nursing Home is a big life change. We would like to help you with the change by letting you know what you can expect on move-in day.

MOVE-IN DAY

Information you will need to bring your first day:

- MCP Card
- Advanced Health Care Directive if you have one completed.
- List of medications from your pharmacy or the facility you are coming from. If you are coming from your home bring your pills with you for staff to review.
- List of over the counter drugs if you take any.
- List of telephone numbers for people you would like contacted in case of an emergency.
- Birth Certificate

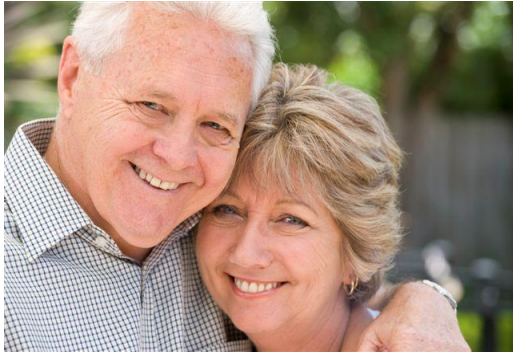
A financial assessment will be completed with you during your first week at the Home. One exception is the Caribou Memorial Veterans Pavilion at the Leonard A. Miller Centre in St. John's. Financial assessments for qualifying Veterans at the Caribou Memorial Veterans Pavilion are completed through the Department of Veteran Affairs prior to move in day. For all other Nursing Homes, residents will need to provide the following financial information during your first week:

- Social Insurance number
- Latest bank statement
- Private Insurance Information
- Verification of income- Obtained from Income securities 1- 800-277-9914
- Most recent Notice of Assessment- obtained from Canada Revenue Agency
- Copies of all your most recent T4's and T4A's
- Original power of attorney- if completed

TIP:

Use this checklist when preparing for your move.

If you or your family went to a meeting at the Home before moving day:



- Please complete any unfinished paperwork and bring with you.
- Please leave all clothing in your room. Ensure your clothing and personal items are labeled with your full name. This includes items such as your dentures, eyeglasses and hearing aids.

If you or your family did NOT attend a meeting at the Home before moving day:



- Please plan to have a family member stay with you while you settle in. If you arrive late in the evening please plan for your family member to come the next day. During this time you and your family will meet with staff to help us better understand your needs and complete needed paperwork.
- Please leave all clothing in your room. Ensure your clothing and personal items are labeled before putting your clothes in your closet.

MOVING IN TO A NURSING HOME

We understand it is often a difficult decision to move to a Nursing Home. At this time in your life you may have suffered losses such as declining health or the death of your partner. You might feel sad or depressed. Your family may also be finding your move difficult. There are many things you and your family may do to help prepare for the move. A social worker is available in the Home to provide support during this time. After time to settle in, most residents adjust well to life in their new Home.

Moving into a Home is a three-part process:

- ***Preparing for Change***
- ***Moving in***
- ***Settling In***

Preparing for the change:

- Take part in moving decisions. For example decide which personal items you want to bring, or make a list of people you want to send your new address to.
- Talk about the move with family and friends. Share your feelings with others, they will listen and support you.
- Try to focus on the positive. In your new Home you will meet new people and make new friends. You will have a chance to attend special events and try new activities.



Moving In:

- Plan to decorate your room and make it feel like home. You need to check with staff in the Home to see if your items are suitable. Unfortunately, on some units personal items or furniture in your room may not be allowed as they may be unsafe for you or others.
- Get to know the staff and residents. Talk to staff about your likes, dislikes and routines. We welcome information that will help us make you feel better. Introduce yourself to other residents.

TIP:

Be involved in your care.

Settling In:

- Once you have settled in, you might like to bring a larger item, such as a chair. These items must be approved before you bring them to your new home due to limited space in your room. Ask the staff what the process is for having items approved.
- You will need time to settle in. Getting used to a new home can take time. Take part in activities and make friends. Encourage your family to join social events that are open to them.
- Be involved in your care and take part in decisions about your health and personal care.
- Invite your family to visit often especially during the early days and weeks. Even a short visit will brighten your day and help you feel supported.

OTHER IMPORTANT INFORMATION

Advance Care Planning

As part of your admission, staff will talk with you about your care and treatment wishes. We need to know your thoughts about important medical decisions, such as your thoughts around cardiopulmonary resuscitation. Cardiopulmonary Resuscitation (CPR) is the treatment used to try and restart a person's heart after it has stopped beating. Even if your risk of needing CPR is low, your health care team needs to discuss resuscitation with you. Your wishes around CPR and other important medical decisions will be documented on your medical chart. As well, you will be given information about completing an Advance Health Care Directive if you have not already completed one. If you have no documentation indicating otherwise, CPR will be performed. You will also be asked who you would want to be your Substitute Decision Maker. A Substitute Decision Maker is the person who would make medical decisions for you if you are ever unable to make these decisions for yourself.

Your Health Care

Your medical care will be provided by one of the Doctors working with the Home. Some sites have Nurse Practitioners who can also help with your medical care.

Resident Care Conferences

You and your family will be contacted within eight weeks for a resident care conference. This will be your chance to formally meet with your care team to review and discuss your care plan. Please do not wait for this meeting to ask questions and discuss your concerns. Speak with staff right away or ask for their assistance in speaking with the appropriate person so your questions or concerns can be addressed.

Your Identification

Eastern Health has a "Positive Patient Identification" policy to help us ensure that the person receiving care is the person who is supposed to receive it. You will be asked to

have your picture taken when you move into the Home, and to also wear an armband. We will use these identifiers when giving you medication and providing care.

Your Role in Safety

- All Homes are smoke-free. Residents, family and staff are not permitted to smoke within the Home or on its grounds. Please respect our rules.
- Each Home has rules on whether or not you can drink alcohol there. You must follow the safety guidelines in your Home if alcohol is allowed.
- Some staff and residents in our Homes have allergies that can cause them serious harm and even death. Please do not bring restricted items to your new home
- All Nursing Homes are scent-free because products with strong smells may cause health problems for some staff or residents. Please bring only unscented personal care items (i.e. soap, hair spray, etc) with you.

Meals

- In some Homes, family and friends visiting you may be able to buy meals. Please check with the home for their guidelines.
- Ask your family and friends to check with the nursing staff before bringing in food from their home or the community.

Personal Belongings

We recommend valuable items be left at home and cash be deposited into your trust account at the Nursing Home if you have one established. We cannot be responsible for any lost or stolen items. We encourage you to make your room as home –like as possible. Remember to check with the staff to see what you can bring to your new room. Large items and any electrical items must be approved by staff in the Home first.

Eyeglasses, Dentures, Hearing Aids

We recommend you or your family have your eyeglasses, dentures, hearing aids, personal wheelchairs, walkers and other prosthesis marked with your name prior to moving in. We cannot be responsible for the replacement of clothing, hearing aids, eye glasses or dentures.

Clothing Suggestions

The following list may help you decide what clothing to bring with you on moving day.

- Clothes should be appropriate for machine washing and drying.
- Open back clothing may be helpful if you have trouble with some movements.
- Only bring clothes that are in season since closet and dresser space may be limited.
- Laundry is provided in your new Home.

Clothing

6 day outfits (dresses, tops/ shirts, pants/ trousers)

2 housecoats

5 changes of nightwear (nightgowns, pajamas)

2 sweaters/cardigans

Under garments (3 bras, 10 pairs of underwear)

10 pairs of pantyhose /socks

Miscellaneous (aprons, belts, suspenders)

2 pairs of shoes (flat, non –slip)

2 pairs of slippers (non- slip /enclosed foot)

Seasonal outerwear (coat/jacket/boots, hat)

Personal Care Items

You are responsible to provide some personal care items but some exceptions do apply. Your Nursing Home can provide you with a listing of personal care items you are required to provide.

TV/Cable/Internet

Televisions are permitted in most rooms in our homes and most have outlets for cable television. Check with the staff in the Home about any requirements (ie. Size, flat screen, wall mounted, etc) for your television, the cost of cable television and how to request service if you are interested.

Telephones are also allowed in most rooms in our Homes. Check with staff to see if you are allowed to have a telephone in your room, if there are any requirements for your telephone, the cost of telephone service, and how to arrange for telephone service if you are interested.

Internet service may also be offered in your new home. Check with staff about the availability of internet access, the cost and how to request service.

NOTES: