

PERSONAL CARE HOMES



LONG-TERM CARE PROGRAM

www.easternhealth.ca

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WHAT ARE PERSONAL CARE HOMES?

Personal Care Homes (PCH) are privately owned facilities, licensed by the Regional Health Authority to provide care to adults aged 55 years and older who need assistance with activities of daily living. Individuals are accepted for residency based on the care and services they require and the homes ability to meet these needs based on staffing and physical requirements.



Personal Care Homes are licensed by Eastern Health in consultation with the Service Newfoundland and Labrador. They are monitored by a team of professionals on an ongoing basis, including a yearly review of compliance with the Provincial Operational Standards.



Personal Care Home accommodations differ depending on the design of the home. Some personal care homes are accessible to individuals who require wheelchairs and individuals with visual/hearing impairments. Single and double occupancy rooms are available. The setting is intended to be similar to that found in a family home.

ACCESSING PERSONAL CARE HOMES

Persons interested in admission to a personal care home should contact the Eastern Health office for their area. See contact numbers at the back of this booklet. **The steps toward admission to a personal care home include:**

1. A nurse or social worker will meet with you and your family to complete a needs assessment to determine your care needs and discuss appropriate options. Your family doctor will complete a medical assessment and give you a requisition to have a chest x-ray completed if you have not had one in 12 months.
2. You and your relatives are encouraged to view several homes before identifying the personal care home of your choice. You will find a guide to assist you at the back of this booklet.



3. Your needs assessment is reviewed by a health care professional at Placement Services. Approval for admission/waitlisting is granted when your required level of care is appropriate for a personal care home placement.
4. You will be advised of the decision regarding your eligibility for Personal Care Home Placement by the nurse or social worker who completed your assessment (appropriate or not appropriate for personal care home admission). The homeowner has the option to accept or reject admission for any applicant referred by Eastern Health.

WHAT COSTS ARE INVOLVED:

When application is made for placement in a personal care home, a financial assessment will be completed if you are requesting financial assistance with the monthly rate and/or other service. Based on the outcome of your financial assessment, if you are eligible for a financial subsidy you will also be eligible for a drug card and assistance with medical transportation and medical supplies. A subsidy may not always be readily available and you may have to be waitlisted. The rate for subsidized accommodations in personal care homes has been set by the Provincial Government. A personal allowance is allotted for each subsidized resident to purchase personal items. If you do not meet the financial criteria for subsidy then you will privately pay for accommodations. A Personal Care Home may charge extra for optional amenities such as private room, Cable TV, telephone, etc. Please discuss cost of optional amenities with the PCH operator. The cost for non-subsidized (private pay) accommodation varies from Home to Home. You should check directly with the Home of your choice for the cost of this type of accommodation.

HOW CAN WE ASSIST YOU

Eastern Health professionals can meet with you and your family to determine your care needs and discuss appropriate options for placement. You and your family are encouraged to visit several homes (providing the type of care you need) prior to identifying the personal care home of your choice. As this is an important life decision, ask lots of questions and consider the following points:

Physical Facilities/General Atmosphere

- Accessibility
- Accommodation for a wheelchair
- Specialized equipment in bathroom to assist people with disabilities
- Smoking area
- Outdoor seating area

Personal Rights

- Security of Personal Items
- Visitors' Policy

Bedrooms

- availability of private/semi-private rooms
- availability of personal telephones and cable TV
- use of personal furniture and other items
- room temperature control

Religion

- availability of religious services
- Pastoral visiting

Food and Beverages

- Well-balanced, 2-week menu plan is Available
- special diets are provided
- availability of food choices
- healthy snacks and beverages provided daily
- rules about alcohol use
- option available to keep small fridge in bedroom



Medical

- Community health nurse visits
- Blood collection services
- Handling of medications
- regular Doctor visits
- choice to keep regular family Doctor
- Foot care
- Informing family of health issues/appointments

Financial

- handling of resident's money (paying bills, shopping, etc.)
- monthly cost
- Discharge policy

Community

- access to community activities (bingo, church, community groups, seniors' activities, shopping, etc.)
- availability of transportation

Recreational Activities

- regular social/recreational/physical fitness activities

OUTSIDE REGION PLACEMENTS

Upon request, your assessment information will be forwarded to the appropriate Regional Health Authority. Your assessment is then reviewed in the appropriate region.

FOR MORE INFORMATION ON THE PERSONAL CARE HOME PROGRAM VISIT

WWW.EASTERNHEALTH.CA