

Living Well

Continuing Care Services

Continuing Care serves persons who need ongoing care, either on a long-term or short-term basis.

In Nova Scotia, Continuing Care Services, including a range of home and community care and long-term care services, are administered and delivered by the provincial health authority, and funded by the Department of Health and Wellness (DHW).

1-800-225-7225 connects individuals to continuing care services.

The provincial health authority employs care coordinators who provide assessments and case management. They determine the type and level of care needed and authorize services.

For more information, please visit our website at novascotia.ca/dhw/ccs

Home and Community Care Services

Home Care

Home Care helps people of all ages who need assistance to maintain their optimal well-being and independence at home. It serves clients with varying degrees of short- and long-term illness or disability and support needs, including acute, chronic, and palliative needs. Services are meant to add to the help persons receive from others, such as family, friends, or community.

These services include:

- **home support:** personal care, meal preparation, essential housekeeping, respite.
- **nursing:** dressing changes, catheter care, and intravenous therapy, etc.

There is no cost for nursing services. Home support fees are based on income and family size.

Self-Managed Care

This program assists persons with physical disabilities to increase control over their lives by helping them develop their own care plans and directly arrange and administer their own home support service needs. Funds are provided to eligible persons so that they may directly employ care providers for the purpose of meeting their approved service needs. Clients may appoint a third-party “care manager” to carry out the management and administrative duties of their care.

Supportive Care Program

This program supports seniors with cognitive impairments, those with dementia and survivors of Acquired Brain Injuries, and their substitute decision makers, with funding of up to \$1000/month to purchase home support services that would otherwise be delivered through the provincial Home Care program. Some clients may also be eligible for reimbursement of snow removal expenses to a maximum of \$495 each year.

Home First Funding Program

Funding is provided to the health authority to support care options for clients who require support or services greater than or different from regular home care services, to avoid admission to hospital or to be discharged from hospital. The objective is for individuals to receive care at home, in their communities, where decisions about longer term care can occur.

Instrumental Activities of Daily Living (IADL) Program

Funding is provided to the health authority to provide services such as transportation, yard work, heavy house cleaning, and assistance with errands, to maintain individuals in their own homes, thus eliminating, reducing, or delaying the need for long-term care. These services also increase independence in the community and quality of life.

Supports for Caregivers

Caregiver Benefit

This program recognizes the important role of caregivers and is designed to sustain the caregiving relationship. It is for low-income care recipients who have a high level of disability or impairment as determined by a home care assessment. If the caregiver and the care recipient both qualify for the program, the caregiver will receive \$400 each month.

Respite Beds

Respite beds provide caregivers with a planned and temporary break from their care giving responsibilities. There are respite beds across the province. There is a daily fee that can be reduced for low-income families. Caregivers can use the bed for up to 60 days each year.

Equipment

Personal Alert Assistance Program

This program provides financial assistance to low-income seniors who live alone, have experienced recent falls, and use a cane, walker, or wheelchair. The program provides up to \$480 each year for the purchase of a personal alert assistance service.

Home Oxygen

The program provides persons who have a medical need with access to oxygen. The program provides oxygen concentrators, portable oxygen tanks, and related supplies. This program serves people in their own homes and those living in long-term care facilities. Fees for home oxygen depend on income and family size.

Community Bed Loan Program

This program loans hospital-type bed systems to eligible Nova Scotians in their own homes. There is no cost for beds under this program.

Seniors' Community Wheelchair Loan Program

This program provides and recycles seating and mobility systems to low-income seniors living at home. The program loans manual or powered wheelchairs and related seating components that meet minimum requirements. The program includes maintenance costs and general repairs. No fees are charged for this service.

Specialized Equipment Program

This program loans residents of DHW licensed and funded long-term care facilities certain types of specialized health equipment. Residents may be required to pay a monthly fee, depending on their income.

Long-Term Care

The DHW licenses and funds two types of long-term care homes for people who need ongoing care and are no longer able to stay in their homes. DHW pays for the health-care costs. Residents pay for accommodation costs and personal expenses. DHW subsidizes accommodation costs for low-income individuals.

Nursing Homes

Nursing Homes meet the needs of persons who require a high level of care, including regular onsite nursing and professional care.

Residential Care Facilities

Residential Care Facilities are for those who need personal care, supervision, and accommodation in a safe and supportive environment.

Protecting Vulnerable Adults

Adult Protection

Adult Protection services offer help and support to persons 16 years and older who are living in a situation of significant risk of self-neglect, or are experiencing abuse or neglect by others which results in serious harm to them and they are unable to protect themselves from the abuse or neglect by reason of mental or physical incapacity. DHW adult protection workers can intervene and offer services to help those in need of protection.

Protection for Persons in Care

The Protection for Persons in Care Act requires health facility administrators and service providers to promptly report all allegations or instances of abuse. Inquiries into and investigations of abuse or risk of abuse of persons 16 years and older living in health care facilities are carried out by DHW.

Other Services Available

The following services are also available in regions throughout the province.

Adult Day Programs

These programs maintain persons with physical disabilities and/or cognitive impairments, or restore them to their optimum capacity for selfcare. These programs include the provision of personal assistance, supervision, and health, social, and recreational activities in a supportive group setting. The programs can also be used to provide respite care, training, and informal support to family caregivers. There may be a daily fee charged by the provider.

Community Occupational Therapy and Physiotherapy

Community Occupational Therapy and Physiotherapy maintains persons with physical and mental health concerns in the home to promote, develop, restore, improve, or maintain optimum levels of functioning in the area of selfcare, productivity, and leisure.

Challenging Behaviours Program

This program enhances capacity for continuing care service providers to address care needs for home care and nursing home clients who may exhibit or are at risk of expressing responsive behaviour.

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