

Community Based Options

Continuing Care serves people who need ongoing care outside of hospital, either on a long-term or short-term basis. It is a branch of the Department of Health providing access to home care, long-term care, and protection for vulnerable adults.

There are three types of long-term care homes available, depending on the support you need. *Nursing homes* meet the needs of people who need a high level of nursing care; *residential care facilities (RCFs)* are homes for people who need supervisory or personal care; and *community based-options* (CBOs) provide a similar level of care to that of RCFs but these approved housing units serve a maximum of three people.

What are community based options?

Department of Health community based options (CBOs) provide an important option for seniors who need housing and continuing care. When home care is not appropriate and nursing home care is not required, a CBO can provide people with personal care, supervision and accommodation. These homes offer small, home-like, safe and supportive environments which may be a rented or purchased unit or a family home.

In Nova Scotia, CBOs operate either under the jurisdiction of the Department of Health or the Department of Community Services. Those under the Department of Health provide mainly care to seniors and are inspected by departmental staff to ensure they are operating in compliance with the requirements of the *Interim Standards for Community Based Options*. These standards were implemented in 1996, as the basis for determining the establishment and operation of CBOs.

Community Based Options are owned and operated by private individuals or organizations. In Nova Scotia, there are 28 CBOs approved by the Department of Health, mostly located in the Sydney and Halifax areas.

What's the profile of an CBO resident?

A typical CBO resident:

- usually suffers from chronic disease (eg. arthritis, hypertension)
- has decreased physical and/or mental abilities that reduces their independence
- has care needs that cannot safely or consistently be provided at their home
- requires supervision and/or personal care of no more than 1.5 hours per day
- does not require the services of an on-site registered nurse
- can get around on their own (with or without assistance of canes, walkers, or wheelchairs)
- usually does not require nighttime care
- has physical and mental ability to escape from a building unassisted in case of emergency

What services does a CBO provide?

CBOs provide personal care that may include help with bathing and dressing, or reminders about daily routines. Personal care and supervision are provided by workers available on site at all times. Staff on the night shift sleep-over in residence to be available if needed. Staff are trained in fire and life safety, medication awareness, first aid, CPR, and non-violent crisis intervention.

Emphasis is placed on the safe administration, handling, and storage of medications. All residents' medications are administered by facility staff. Residents may continue to be served by their family doctor. In addition, the owner assists in arranging regular dental and eye care.

CBOs conduct regular fire drills to ensure the safety of the residents and are also inspected annually by the Office of the Fire Marshal.

Residents have a private bedroom with appropriate furnishings and space to accommodate personal belongings. Common areas include dining and living areas, bathrooms, and an outdoor space.

Meal service consists of three daily meals and snacks. The menu considers resident likes and dislikes, accommodates special diets, and adheres to *Canada's Food Guide*. The meal plans are reviewed by a registered dietician.

There are limited recreational activities but residents may arrange such activities among themselves. Family members and friends are encouraged to visit.

How do I get admitted to a CBO?

Applications are made through the Department of Health by calling 1-800-225-7225. You will be provided the details of the application process and a Care Coordinator will visit to assess your care needs and help identify the best method of having your needs met.

What would a CBO cost me as a resident?

Eligible individuals that are referred by the Department of Health for admission to a Department of Health funded Community Based Option pay an accommodation charge. If you cannot afford the maximum accommodation charge, you may undergo an income test to determine a reduced charge.