

# The right care in the right place

## SENIORS LIVING OPTIONS



### ALBERTA SENIORS... WHAT IS THE RIGHT CARE FOR YOU?

Most Albertans enjoy good health, quality of life, and want to live independently as they age. Being able to remain in your own homes, in your own communities is important to you.

Alberta Health Services has a plan to make that happen, by providing the right care in the right place for you. We are working closely with Alberta Health and Wellness and Alberta Seniors and Community Supports to achieve this goal.

Our aim is to offer a range of services to support choice, wellness and independence.

As your needs change, so will the range of services we provide. You and your team of health-care professionals will work together to find the right mix of support for your abilities and your lifestyle.

To access Home Care programs in your community, call Health Link Alberta Toll-Free 1-866-408-5465. To learn more, visit our website at [www.albertahealthservices.ca](http://www.albertahealthservices.ca).

- A Home Care Registered Nurse\* will meet with you to discuss your needs. Together, you'll create a plan of care just for you, and as your needs change so will your plan. If you prefer, your family can also be involved.
- Your Home Care RN\* has access to a team of local health-care professionals ready to assist you – including your family physician, physiotherapists, pharmacists, health care aides and many others.
- With the help of home care, many seniors are able to remain in their own homes for a very long time.
- A time may come when living at home is no longer a safe option. If so, your Home Care RN\* will help you decide on a living option that meets your care needs and respects your wellness and independence.



### HOME CARE

Helping you to remain safe and independent in your own home

Helping you to remain safe and independent in your own home is a priority for Alberta Health Services. Home care support is available to assess and coordinate the kinds of services you'll need. Anyone can call home care to ask for support – including you.



### SUPPORTIVE LIVING

It's a place you can call home

Should living in your own home no longer be the right living option for you, supportive living can provide all the services you need, with the privacy you want and as much independence as your abilities will allow. It's a place you can call home.

When you simply require a higher level of support than can be provided through home care, your needs may be met in an enhanced living program in a lodge setting.

If your care needs require a high level of personal care and support and the professional care of onsite nursing, your needs will be met in designated assisted living.

In supportive living:

- You have control and choices in your life.
- Couples can stay together if they wish.
- Your privacy is respected. You have your own living space, your own things and your own front door — you decide who comes in.
- It's a secure setting where you enjoy peace of mind, knowing health and personal care supports are on site 24 hours a day.
- There is a mix of able and less able older adults with different support needs.
- Some facilities may also offer care to meet the unique needs of individuals with dementia.



## LONG-TERM CARE

A more hospital-like model for individuals with complex health needs

For a small number of seniors who have highly complex health needs and whose care cannot be safely provided in their own home, or in supportive living, long-term care facilities will be available.

Long-term care is provided to individuals with complex health needs using a more hospital-like model. Under the direction of a family physician, an onsite Registered Nurse supervises your care with the support of Licensed Practical Nurses, Health Care Aides and other health-care providers as appropriate.

You may need long-term care for:

- Complex end of life care needs.
- Complex medication management.
- Complex nursing care.
- Inconsistent or unstable behaviour that places you, or others at risk.

## ACCOMMODATION RATES

A senior's ability to pay will not be a barrier to accessing care services. Alberta Health Services has made a commitment to ensure Alberta seniors and adults with disabilities receive the care services they require to support wellness and independence as they age.

All required services included in your plan of care and directed through your Home Care RN\* will be covered by Alberta Health Services.

Accommodation costs for supportive living and long-term care facilities, as well as any additional services requested by the resident outside of the plan of care, are billable to the resident. Subsidies may be available. Contact your local Seniors Benefit Office for more information or dial 310-0000 and ask to be connected.

Anyone can be referred to the Alberta Health Services Home Care Program for assessment if they:

- Live in Alberta
- Have an Alberta Health Care number, or
- Have applied for and are eligible to receive Alberta Health Care coverage

\* In some parts of the province, other allied health-care professionals (i.e. physical therapists, occupational therapists, social workers) also complete assessments.

To learn more about the range of living options available to seniors, visit

[albertahealthservices.ca](http://albertahealthservices.ca)

or call your local home care office.



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Alberta Health  
Services