

Independent Living Simulation Suites

Nova Scotia
Rehabilitation and
Arthritis Centre



Independent Living Simulation Suites

- There are 2 fully-equipped 1-bedroom independent living simulation (ILS) suites on the 4th floor of the Nova Scotia Rehabilitation and Arthritis Centre.
- These suites are designed to let you and your loved ones or support persons practice independent or assisted living before you go home.
- You and your loved ones will work with your health care team to practice life skills and gain independence in daily tasks, like:
 - › Meal planning and cooking
 - › Self-care (bathing, using the toilet, dressing)
 - › Transfer skills (like moving from a wheelchair to a bed, a toilet, or a bathtub)
 - › Recreation activities
 - › Using technology
- Each ILS suite can be used on a weekday or weeknight, or for a weekend.

North Suite

This accessible suite is laid out like a bachelor apartment. It has ceiling lifts in the bedroom and bathroom, cook-top safety technology, pull-down closet racks, and a hide-away “Murphy bed” to give the most space possible.



The MacKinnon Family Suite (South)

This accessible suite uses smart home technology. You can use a smart home app on your smart phone, tablet, or computer through touch, eye movements, or a voice assistant. The app can be used to open and close doors, turn the lights on and off, adjust the window blinds, raise or lower the stove and countertop heights, and control the TV and radio. This suite also has a roll-in shower and you can raise and lower the height of the bathroom taps.



The ILS suites were funded through the QEII Foundation's Revitalizing Rehab community campaign.

Revitalizing Rehab



Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

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The information in this pamphlet is to be updated every 3 years or as needed.