

# Independent Living Simulation Suites

## Nova Scotia Rehabilitation and Arthritis Centre

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

**Revitalizing  
Rehab**

**QEII**  
HEALTH SCIENCES CENTRE  
FOUNDATION

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

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

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*Designed and Managed by:* Library Services

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To be reviewed June 2029 or sooner, if needed.

Learn more:  
<https://library.nshealth.ca/patient-education-resources>

# Independent Living Simulation Suites

- There are 2 fully-equipped 1-bedroom independent living simulation (ILS) suites on the 4<sup>th</sup> 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 fold-out bed to give more space.



## The MacKinnon Family Suite (South)

This accessible suite uses smart home technology. You can use the smart home app on your smart phone, tablet, or computer through touch, eye movements, or a voice assistant. The app can 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 has a roll-in shower and you can raise and lower the height of the bathroom taps.

