



# Continuing Care Programs and Services

You have questions. Let's explore the answers – together.

We are here to help answer your questions and work with you to arrange the right supports and services for you.

Call to make a referral or for more information.



Call toll-free **1-800-225-7225**  
8:30 a.m.–4:30 p.m. seven days a week



Visit:  
[www.nshealth.ca/continuing-care](http://www.nshealth.ca/continuing-care)



## Can I stay in my home?

Talk with your family, friends and/or caregiver about what is most important to you. Consider the following questions when exploring staying at home with care support and services:

What care do you believe is needed?

What community resources and/or supports are you currently using?

What is working well for you now? Where do you see the need for support?

How often do others help you (daily, weekly, monthly), and what do they help you with?

What other information do you feel would be important for us to know about you and your circumstances?

Do you have someone to make decisions on your behalf if you cannot or are no longer able to?



[www.nshealth.ca](http://www.nshealth.ca)

Helping you live well in the place  
you call home.





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Call 1-800-225-7225 (toll-free)

## Coordinating your care

Continuing Care encourages and supports your wellness and independence. We do this by working with you to explore options that can help you keep as much independence as possible.

Once you call to make a referral, a Care Coordinator will contact you to assess your care needs. They will work with you and your caregiver to create a plan of care that is right for you.

Your Care Coordinator will find out what services you are eligible for and if you will need to pay a fee. They will help you find the services that are right for you and set them up.

We offer a range of programs and services to help you live safely and independently at home, such as:

- **Home Support Services** help people with bathing, dressing, preparing meals, and essential housekeeping.
- **Nursing Services** at home such as, IV therapy, catheter care, peritoneal dialysis, wound care, and general nursing care. Nursing services require a physician order.
- **Caregiver Benefit Program** offers funding to people who are caring for someone with a low income and high care needs.
- **Family Relief/Respite Services**, both in-home and in-facility, give caregivers a short-term break.
- **Self-Managed Care Program** helps people with physical disabilities set up and manage their own care services.
- **Supportive Care Program** helps seniors with cognitive impairments (or those under age 65 with a diagnosis of dementia) pay for home support services.
- **Community Bed Loan Program** offers temporary use of a hospital bed at home.
- **Community Wheelchair Loan Program** loans low-income seniors manual or powered wheelchairs to use at home.

- **Home Oxygen Services** provide in-home oxygen equipment and supplies.
- **Personal Alert Assistance Program** helps people buy a personal alert device or emergency response service.

## Placement in Long-term Care

**Everyone's needs are different and may change over time.** We want you to be as independent as possible so you can safely stay in your home. If this is no longer possible, an application for licensed long-term care may be considered.

There are two levels of long-term care, residential care facility or nursing home. If you feel long-term care is right for you, please talk to your care coordinator or call 1-800-225-7225.

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*All programs have eligibility criteria.*

*Depending on your income, you may need to pay a fee for some services.*

*Anyone can call us to make a referral – as long as the person being referred is aware. You do not need a referral from a primary health care provider to call.*