



Patient & Family Guide  
2020

# Independent Living Simulation Suites

Nova Scotia  
Rehabilitation &  
Arthritis Centre



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

# 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 & Arthritis Centre.

The ILS suites are designed to give patients and their family and/or support person(s) the chance to practice independent or assisted living experiences before going home.

Patients, families, and health care providers work together in the suites to practice life skills and gain independence in everyday tasks like:

- › meal planning and cooking
- › self-care (e.g., bathing, using the toilet, dressing)
- › transfer skills, including moving from a wheelchair to a bed, toilet, or bathtub
- › recreation and leisure activities
- › technology use

Each ILS suite can be used during the day, on a weeknight, or for a weekend trial.

## North Suite

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



## The MacKinnon Family Suite (South)

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



The ILS suites have been funded through the support of the QEII Foundation's Revitalizing Rehab community campaign.

# Revitalizing Rehab



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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 Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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