Yes it can be a very difficult decision.

Making the decision to move someone you care about to a Long Term Care Home is a very difficult one. It becomes necessary when the person you care about needs support and supervision 24 hours a day. It is not easy or cheap to get the help you need to support them in their own home. This placement is the *safest* option for your loved one. Many communities particularly immigrant communities may consider that moving someone you care about to a Long Term Care Home is a shameful thing to do; that is not the case, it can be the best and most caring option for the person you care about. It can often be a relief to the patient concerned as he or she is no longer a burden on family and friends and thus is more relaxed and comfortable in the new setting.

This pamphlet has been prepared by the Visiting Immigrant Seniors in Transition (VISIT) Committee
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LONG TERM CARE (LTCH) HOMES (Sometimes referred to as Nursing Homes or Homes for the Aged)

Definition: They are a type of living arrangements for individuals who need higher levels of daily personal care. They are places where nursing care or supervision of care is available 24 – hours a day and the accommodations are safe, comfortable and secure.

Who may access LTC HOMES?

Frail elders who need higher levels of daily personal care, which includes help with bathing, dressing, nutrition, exercise, ambulation (help with moving around), recreational activities, wellness activities, socialization and supportive services, may become a resident of a LTC Home. If you or your loved one needs help and support in their day to day care you can apply for LTC accommodations.

What should you think about when researching a LTC Home?

Every LTC Home has a unique culture and surroundings. It is important to determine whether the environment is right for you and/or your loved one. You can determine this fit in the following ways:

- ✦ Talk to the residents and their families about their likes and dislikes.
- ✦ Ask to see more than just the resident's room and common areas.
- ✦ Ask for copies of sample menus, activity calendars and newsletters.
- ✦ Ask if you are able to sample a meal or participate in an activity at the home.
- ✦ Look for bulletin boards that might have notes or reports from resident groups, the board of directors, administrator, or documentation from the Ontario Ministry of Health and Long Term Care.

Ask about what accommodations can be made to meet specific cultural preferences.

Using a check list when you tour a LTC Home before making a decision is helpful to answer your questions and for your peace of mind. Go to www.health.gov.on.ca to the learn more about Senior`s Care: Long Term Care Homes

You and your family can still continue to be an active part of their lives.

How do I stay involved?

Visiting by family and friends is encouraged and is important to help your loved one feel connected and involved with their cultural community and persons who have been close to them in their life experiences.

Each home has a Resident Council to whom you and your loved one can voice needs, preferences and concerns to influence their day to day living conditions. You can ask for a Family Council to be in place for you to be able to participate in decisions that influence your loved one's life in the LTC home.

You are encouraged to make the rooms feel like home by bringing in personal items, such as family photos or a favourite picture or items that have significant meaning to your loved one. Usually you are able to participate in identifying personal and cultural preferences and are involved in the care plan .

How do I access care?

You must apply for admission to Long Term Care through your local Community Care Access Centre (CCAC). A Community Care Access worker will assess your needs and situation to help determine the right type of care options for you, answer your questions, determine your eligibility for government-funded services and supports and arrange for admission to a LTC home.

For London and Middlesex County call South West Community Care Access Centre 519-473-2222 or Search www.310CCAC.ca or call 310-CCAC