

Transitioning to Long-Term Care

While You Remain in Hospital Waiting for LTC

- You will be required to pay to stay in hospital while you wait for your Long-Term Care (LTC) bed.
 - You will start to pay co-payment, once you and your care team determine this is the best level of care to meet your needs.
 - This co-pay will be billed to you each month.
 - For questions regarding the co-payment process, please contact the hospital's Financial Department at 905-372-6811 ext. 4042.
- While you remain in hospital, it is your responsibility to pay for transportation to any medical appointments i.e. follow-ups, routine checks, treatments.
- You will be supported by your Ontario Health atHome, Care Coordinators to make your choice of LTC homes or enhance your current choices.
- Based on Ontario Health regulations, you will be supported to choose 5 LTC homes, with at least 1 that is considered to have a short wait list of less than 6 months.
- Maintaining your current abilities will be supported through involvement in your daily activities with your care team.
- You will be offered recreational activities and weekly exercises with our recreational therapy department.

Planning your Transition from Hospital to LTC

While you wait for your LTC home, please consider the following tasks to help support a more comfortable transition from hospital to your home of choice:

- Ensure that you continue to be an active part of your care; this helps to maintain your strength and function to remain as independent as possible.
- Transportation on the day you move to LTC is your responsibility. If you require support with arranging this, please speak to the team about your options.
- Ensure that if a wheelchair, walker or other mobility aid has been recommended, that you have it available as soon as possible. Please use the Mobility Aid Information sheet for further support with this.

Patient Mobility Aid Information Sheet

Mobility aid information for: _____.

The current mobility aid is property of Northumberland Hills Hospital and will remain with the hospital after you leave.

The recommended mobility aid that will best meet your needs is the following:

To ensure you receive your own personal mobility aid prior to transitioning to LTC, it is recommended to begin this process as soon as possible.

There are many options for acquiring a mobility aid. Please choose the best method to suit your needs from the options below:

Option 1. Find a used mobility aid from the Cobourg Odd Fellows loan cupboard.

Option 2. Rent a mobility aid (vendor list is included in this package).

Option 3. Purchase or borrow a used wheelchair from family, online, vendors, etc.

Option 4. Purchase a new wheelchair measured specifically, using the government funding assistance program known as the Assistive Devices Program (ADP). LTC facilities have Physiotherapists on staff who may complete this assessment for you. You may also choose to initiate this assessment for funding as soon as possible, which will require you to pay a private Occupational Therapist (OT) or Physical Therapist (PT) with the appropriate credentials to complete the assessment.

_____ OT Reg (Ont)/PT Date: _____

Finding a Mobility Aid

Assistive Devices Program (ADP):

- <https://assistivedevicesprogram.ca>
- 416-327-8804
- Toll-Free at 1-800-268-6021

Cobourg Odd Fellows Loan Cupboard:

- 412 Victoria St
Cobourg, ON
- 905-372-2571
- Call Mon-Fri 10:00am-2:00pm. Device pick up is available Tuesdays and Thursdays.

Local Vendors:

- Living Well Medical Equipment
 - 7949 County Road 2
Cobourg, ON K9A 5J7
 - www.LivingWellHME.ca
 - 905-372-7110 or toll free 1-800-667-0158
- Pharmasave Home Health Care
 - 60 Ontario Street
Port Hope, ON L1A 2T8
 - <http://Pharmasave.com/port-hope>
 - 905-885-1294
- ALIGN Home Health Care
 - 111 George St North
Peterborough, ON K9J 3G3
 - <https://www.alignhomehealthcare.ca>
 - 705-304-2000
- Motion
 - 329 McDonnell St, Unit 1
Peterborough, ON K9H 2W9
 - <https://www.motioncares.ca>
 - 705-742-6185 or toll free 1-888-222-2172