



# Continuing Care Programs and Services

## 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?

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.

We also encourage you to view *A Guide to Receiving Home Care Services in Nova Scotia*. Visit:

[www.nshealth.ca/sites/nshealth.ca/files/a\\_guide\\_to\\_receiving\\_home\\_care\\_services\\_in\\_ns.pdf](http://www.nshealth.ca/sites/nshealth.ca/files/a_guide_to_receiving_home_care_services_in_ns.pdf)

Call to make a referral or for more information.



Call Toll-free 1-800-225-7225  
8:30 a.m. to 4:30 p.m. seven  
days a week



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



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, we will contact you to assess your care needs. We will work with you and your caregiver to create a plan of care that is right for you.

Together with you, we will find out what services you are eligible for and if you will need to pay a fee. We 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, respite, and essential housekeeping.
- **Home Support Direct Funding Program** provides funding each month to help with the costs of paying for private home support services (personal care, respite, meal preparation, 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 or nurse practitioner 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.
- **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.

- **Home Lift Program** offers the temporary use of a mechanical lift system to support safe care at home.

- **Personal Alert Assistance Program** helps people buy a personal alert device or emergency response service.

- **Transition to Long-term Care** Everyone's needs are different and may change over time. If you can no longer live at home or your care needs exceed what home care can provide, a long-term care home may be an option for you.

For more information 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.*