

# West Bedford Transitional Health

**Notes:**

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:  
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by:* West Bedford Transitional Health  
*Designed by:* Nova Scotia Health Library Services

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To be reviewed January 2028 or sooner, if needed.

Our goal is to get you home.



# West Bedford Transitional Health

You do not need in-hospital care. You can benefit from a stay at Transitional Health.

## What is Transitional Health?

- Transitional Health is a short-term care setting. It gives you time to plan for services and supports you will need to return to the community (home or long-term care).
- You have an active role in your health and care plans. Your health care team will help you and your support persons come up with a plan to transition to the community. Your plan will include:
  - > your health care goals.
  - > your goals for getting ready to leave Transitional Health.

## Why do I need to move to Transitional Health?

- At Transitional Health, you will get stronger and move around more. Each day you will see a physiotherapist and have recreation therapy (free time).

## Personal belongings

- Please bring clothes, footwear, and personal care items to make sure you will be able to participate in your daily care plan.
- **Do not** use scented products.
- Nova Scotia Health is scent-free.
- **Do not** bring extra furniture or large personal items (like chairs, storage bins).

## Wi-Fi

- While you are at Transitional Health, you will have free access to wireless internet services (Wi-Fi).
- You are welcome to bring small electronic devices (like a laptop, a tablet, or a cellphone). If you would like to listen to music or audiobooks, bring headphones so you do not disturb others.

## Parking

- There is free parking at Transitional Health.

- When you are discharged, your health care team (including your primary health care provider) will get an update about your care at Transitional Health and will arrange for follow-up, if needed.

### **Smoking and vaping**

- Smoking and vaping are not allowed in any Transitional Health buildings or on Transitional Health grounds.

### **Is there a cost for Transitional Care?**

- There is no cost while staying at Transitional Health.
- In some cases, your medical or personal circumstances may change and going home is no longer possible. If your health care team finds that you need to be placed in a long-term care facility, you will be charged an accommodation fee while you wait.
- Nova Scotia Health’s Finance team can answer any questions you may have about this fee:
  - › Phone (toll-free): 1-844-783-7416
  - › Email: [nshaaccountsreceivable@nshealth.ca](mailto:nshaaccountsreceivable@nshealth.ca)

### **Home First and discharge planning**

- It is important to start planning for your discharge to the community as soon as you are admitted to Transitional Health. Right now, you may not feel ready for discharge. Our team will work with you to make sure that you have the support you need.
- We know that for most people, living at home is where they want to be. Home First is about:
  - › creating a discharge plan with the goal of getting you back to the community.

### **What will happen at Transitional Health?**

- When you arrive, the Shannex® care team will give you a tour. During the tour, please ask any questions you may have.
- After you are admitted, the Shannex® care team will assess (check) your current and ongoing health, care, and social support needs.
  - › This will be updated often during your stay. This will help both the Shannex® and the Nova Scotia Health community transition teams work with you to make your transition plan.

## While you are at Transitional Health, our teams will:

- › help you become as independent as possible.
- › help you recover and gain skills and confidence.
- › talk about how to manage your health care needs (like how to manage your medication and medical equipment, and prevent falls).
- › help you find resources you may need (like community-based and primary care resources, and support for caregivers).
- › help arrange care, modify (change) your home, and get equipment you may need at home.
- › provide follow-up with a primary health care provider (family doctor or nurse practitioner), if you do not have one.
- › arrange follow-up and in-home short-term appointments for after you leave Transitional Health.

## Who is on my health care team?

- Nova Scotia Health uses a company called Shannex™ to run Transitional Health and provide care during your stay.
- Your health care team will also include nurse practitioners and doctors.
- Nova Scotia Health's community transition team will work closely with the Shannex® care team and with you and your support persons to plan your discharge and give short-term follow-up visits.
- If you have any questions about your care or discharge, ask a member of your health care team.

## Loved ones and support persons

- Your loved ones and support persons are an important part of your health care team. We encourage their presence to help you plan for your discharge.

## Will my personal health information be shared?

- Nova Scotia Health staff will ask for your consent to share your personal health information with your Shannex® health care providers at Transitional Health.