

Convalescent Care Program

Short-Stay Care in Long-Term Care Homes

What is Convalescent Care?

This short stay program provides 24-hour care in long-term care homes for people from hospitals or the community who need specific medical and therapy services to regain their strength, endurance and mobility. The goal is for patients to regain significant function during their time in convalescent care to return safely and comfortably to their community.

Available at four long-term care homes across Champlain¹, the program supports patients who:

- Need specialized care services such as nursing, physiotherapy and occupational therapy to reach rehabilitation goals;
- Are willing and able to learn skills that will help them increase their independence at home.

Each patient's health care team strives to improve the patient's quality of life through activities that promote independence, and improve functional ability and overall well-being.

Who is eligible?

Eligible individuals include those who:

- Are aged 18 +
- Are insured under the Ontario Health Insurance Plan.
- Require:
 - Nursing care to be available on-site 24/7
 - Help with activities of daily living at frequent intervals throughout the day, or
 - On-site supervision or monitoring to ensure their safety or wellbeing at frequent intervals throughout the day.

Convalescent Care Program Philosophy & Approach

This program's philosophy is to promote every patient's independence during their stay, supporting their journey towards a safe return home.

It can benefit a variety of patients who need a window of time in which to recover their strength, endurance or functioning. The program provides patients with supportive and rehabilitative care, focused on physical recovery and overall wellbeing.

¹ Carlingview Manor, Kemptville District Hospital, Perley Health, Résidence Saint-Louis

- Have care needs that can be met in a long-term care home.
- Need time to recover strength, endurance or functioning and are likely to benefit from a short-stay in a long-term care home.
- Are expected to return to their home within 90 days of being admitted into the program.

Helping people return home safely and comfortably

“The Convalescent Care Program is one of the best to prepare one for the next leg of the journey, be it going home or to another facility - the care was excellent.” - Eleanor Sutton, program participant



- Dynamic meal plan
- Daily recreational activities
- Individualized case management by the interdisciplinary health care team
- Weekly visit with the doctor.

Program participants do not pay a monthly co-payment for accommodations or services including medical care, recreational programming, and meals.

Additional fee-based services are available. Please contact your Care Coordinator for more information.

Who can refer people to the program?

Anyone can self-refer or refer another to the program.

What is included?

Depending on individual needs, these services are available to participants:

- 24-hour care by a registered nurse
- Regular occupational therapy
- Regular physiotherapy
- Access to a social worker
- Dietician consultation and monitoring
- Assistance with activities of daily living

Contact Information

If you have any questions regarding this service, please contact: **1-833-515-1234**

- ontariohealthathome.ca