



Hôpital
Temiskaming

The background of the right side of the slide is a close-up photograph of a bouquet of tulips. The tulips are in various colors, including purple, yellow, red, and orange, and are arranged in a dense, overlapping pattern.

CONSIDERING
MOVING TO
LONG-TERM CARE?

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WHO CAN HELP ME WHEN I AM CONSIDERING LONG-TERM CARE DURING MY HOSPITAL STAY?

- Finance Department (705) 647-8121 ext. 2223
- Social Work Department (705) 647-8121 ext.2425/2341
- Ontario Health atHome (705) 647-8121 ext. 2409

POWER OF ATTORNEY CTN...

I want to complete the Power of Attorney document, how?

The documents can only be completed when an individual is mentally capable. The documents are accessible online in addition to an information resource at www.ontario.ca.

The law does not require you to use a lawyer's services to make your POA. The documents can be completed with or without a lawyer, however you may wish to consider hiring a lawyer, especially if your affairs are complicated. Request to speak with the hospital Social Worker if you require assistance.

When completing the document, the individual must be able to understand whether the person they name as POA is truly concerned with their well-being, and understand that they need this person to make decisions.

The POA is valid if the document is properly completed, signed and witnessed, and you had the legal capacity. There are no further steps that need to be taken in order for it to be legally binding.

For the document to be valid, the document must:

- Name one or more persons to act as your POA in the event that you become mentally incapable;
- Be signed by you and dated; and
- Be signed by two witnesses who saw you sign the document (there are restrictions with who can witness the document. The following people cannot be witnesses: your spouse, partner, child, or someone you treat as a child, your POA or your POA's spouse or partner, anyone under the age of 18yrs, anyone who has a "Guardian of Property", anyone who has a "Guardian of Person")

When a POA is completed, most people choose to give it to their POA or put it in a safe place. It is strongly recommended that you tell your doctor and other health care providers about the Power of Attorney and how to reach your POA if needed.

WHAT IS LONG-TERM CARE (LTC)?



Long-term Care (LTC) homes are residential homes funded and regulated by the provincial government that provide ongoing care for people who can no longer live independently because of the high level of care or supervision they require. People may require this level of support due to advancing age, disability or declining health. LTC homes offer a safe, secure and specialized care environment.

When is it the "Right" time to move to a LTC home?

The need for long-term care can arise suddenly, such as after an acute illness. More often, however, the need for long-term care develops gradually. LTC provides ongoing care to individuals whose care needs cannot be met in the community.

Moving from your family home to LTC setting can be a challenging transition for anyone. Most people wish to live in their own homes as long as they can. With increasing care needs, however, attempting to live at home can become extremely stressful and challenging, both for the person who is ill, as well as for care givers. The emotional and physical health of the entire family unit can be affected.

There may come a time when it's no longer safe or comfortable to live alone. Be realistic and plan to revisit the decision as your needs change over time. Reaching out to health care professionals who regularly assess for such decisions can help ease the personal burden in decision-making. A knowledgeable third party can help a family review circumstances more objectively and provide facts that all can consider in making such a move.

HOW TO START THE PROCESS?



All applications and admissions to LTC Homes are arranged by **Ontario Health at Home**. A Care Coordinator will complete an assessment to determine your eligibility for long-term care. This is usually completed in-person with the applicant and/or Power of Attorney for Personal Care.

For advice, support or to apply now, contact Ontario Health atHome 310-2222 (no area code required). If you are in hospital, the Temiskaming Hospital has an Ontario Health atHome care Coordinator on site (705-647-8121 ext.2409) who can help navigate process.

Who qualifies?

To be eligible, applicants must be: 18yrs+, have a valid Ontario Health Card, have health care needs that cannot be met with any combination of caregiving in the home or community, and have health care needs that can be met in a long-term care home.

What is the waiting time?

LTC wait times vary depending on the homes chosen. Please speak with your Ontario Health atHome care coordinator to discuss wait times for specific long-term care homes. Once you apply it's important to start preparing for your move. When a bed becomes available you will receive a placement offer that include a move-in date. You will then have 24hrs to accept or decline the placement offer, and up to five days to move in. If you are in the hospital awaiting for a bed and an offer is declined, the hospital charges a daily rate.

WHAT IF I DO NOT HAVE A POWER OF ATTORNEY (POA)?

You should consider having a power of attorney (POA) in place, regardless of your age or financial situation. This is not a Last Will and Testament. A Power of Attorney only applies while you are alive and ceases to be effective upon your death. If something happens to you, you will need someone to make decisions for you. A Power of Attorney (POA) is a legal document that gives someone you trust the right to make financial or health care decisions for you. You do not need a lawyer to complete a POA.

Who do I choose as my Power of Attorney (POA)

You should choose a person you trust to act as your POA. Talk to the person to ensure they will take on this responsibility. Make sure they understand how you want your financial affairs or personal care handled. You should never feel pressured to make someone your POA.

What is a Power of Attorney (POA) for property?

This legal document appoints a person who can make financial decisions for you now, or in the future, if you are unable to make these decisions. Without the documentation, your family, including your spouse cannot automatically step in and make financial decisions for you, they might have to go to court to become your court-appointed guardian. **The POA for Property will take effect as soon as it is signed and witnessed, unless you say otherwise in the document.**

What is a Power of Attorney (POA) for Personal Care?

This is a legal document that appoints a person who can make decisions about your personal care (i.e.. medical treatment) for you now, or in the future, if you are unable to make these decisions. If you do not have a POA for personal care, your family can make some decisions, but not all. The POA for Personal Care may **only be used during a time that you are mentally incapable** to make personal care decision.

THE NEXT STEPS WHILE AWAITING FOR LONG-TERM CARE IN THE HOSPITAL...

When it has been determined that long-term care (ALC) may be the most appropriate setting for your care needs, your hospital designation will change to “Alternate Level of Care” (ALC).

Payment for ALC begins on the day designation and is billed 30days after the designated date. The Finance Department will require both the Notice of Assessment and Power of Attorney for Property.

The call comes, how long do I have to accept the offer?

When a LTC bed becomes available at one of the selected long-term care homes, you will receive a phone call from your Care Coordinator with a bed offer. You **must** decide if you want to accept the bed offer within 24hrs.

What if I am offered placement that is not my first choice?

You can: accept the placement offer, move in but choose to stay on the waiting list for a transfer into your first choice of home, or reject the placement. If you turn down the offer or fail to move into the home by your move-in date deadline, you will be removed from every waiting list you're on. You will then be required to wait 12wks before you can reapply for LTC, unless there is a significant change in your condition or circumstance.

What if I am in the hospital and reject the offer?

Hospitals charge a rate of \$400/day if you no longer require acute medical care and have received an offer for a bed in long-term care but choose to remain in hospital while waiting for a setting that best meets your care needs.

How do I get to my new home?

It is the responsibility of the patient and family to provide transportation to the long-term care facility.

HOW IS A HOME SELECTED?

Once determined eligible, your care coordinator will discuss all options, including a list of LTC homes to choose from. The decision to relocate to a new living environment is a very important one and also very personal. Applicants are encouraged to visit the long-term care homes of their choice to make an informed decision. The preferred location(s) can be anywhere in Ontario. Applicants are responsible for completing the choice form, where they can select up to five homes, in order of preference.

LTC Home Finder: Ontario.ca/page/long-term-care-ontario makes it easy to find and compare LTC homes available in Ontario.

LTC homes locally:



Temiskaming Lodge
144 Drive in Theatre Rd, Temiskaming Shores, ON
(705) 628-1100



Extendicare Tri-Town Nursing Home
143 Bruce Street, Haileybury, ON
(705) 672-2151



Northview Nursing Home
77 River Road, Englehart, ON
(705) 647-8104



Extendicare Kirkland Lake
155 Government Rd E, Kirkland Lake, ON
(705) 567-3268



Tek Pioneer Residence
145A Government Road East, Kirkland Lake, ON
(705) 567-3257

WHAT ARE THE COSTS?

Accommodation rates are set by the Ministry of Health and Long-Term Care, and is based on the chosen accommodation: basic, semi-private or private room.

You may qualify for a rate reduction if the cost of basic accommodation is beyond your means.

Are there ways of obtaining extra financial help?

- If you're a veteran, you may qualify for extra financial help. For more information visit the Veterans Affairs Canada site.
- If you are age 65+ you may qualify for: Old Age security (OAS), and Guaranteed Income Supplement (GIS). If you are under age 65 or ineligible for Old Age Security (OAS), you may qualify for the Ontario Disability Support Program (ODSP).
- If you have a partner/spouse who is also eligible for OAS, you can calculate your benefits separately, resulting in both you and your partner/spouse receiving a higher benefit amount. To do this, fill out a form for Involuntary Separation (the form name is unrelated to your marital status). Applying for Involuntary Separation may increase your own or your spouse's GIS benefits. You can get an application online from Service Canada.
- If you are 64yrs and under contact the District of Timiskaming Social Services Administration Board DTSSAB (705) 647-7447 to complete an assessment for Ontario Works with the possibility of applying to ODSP if eligible.

WHY CAN'T I STAY IN HOSPITAL?

A hospital is not a home. Everyone should live in a home that is right for them with the right kind of help to meet their needs. Hospitals are not designed to meet an Alternate Level of Care (ALC) patient's restorative, supportive or rehabilitative needs, and while you wait in hospital, you are at risk for hospital-based infections.

Is going home an option for me?

Our goal is to support people in the hospital to return to their homes whenever possible. We have and know of services in the community to help you get home and stay at home, safely.

While you might not be able to care for yourself as you did before going to the hospital, your hospital care team and community health nurse will explore options with you and make sure you have the right supports and services in place so you can safely return home.

Even if your care team and community health nurse feel long-term care is the best option for you, you might still go home to wait for a bed in your preferred care home. We would still make sure you have the right supports and services in place to stay safely at home while awaiting for long-term care.

What if returning home is not an option?

If returning home to wait for a bed in long-term care is not the best option for you and it has been determined that long-term care may be the most appropriate setting for your care needs, we will talk with you about next steps.

On occasion, family meetings are held by the doctor including the health care team, caregivers, and family to discuss the patient's current disposition and future planning.