



A variety of services and activities to brighten your world



Jeffery Hale

While you wait

Once your name is on the waiting list, it would be ideal if you could move into the nursing home right away. Very often though, there is a long delay before a room becomes ready for you.

Until then, you can count on your social worker to stay in touch and make sure you are well and safe. They may also arrange extra support services at home.

A note for family and friends

We all want what is best for those we love. Keep in mind, though, that what we may think is best for our loved ones is not always what they want nor in their best interests.

It is very hard to see someone you love—be it your mother, father or spouse—lose the ability to take care of themselves. Jeffery Hale Community Services is there to help guide you through this and other stages of life. Please give us a call.

Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about our:

- Games Day
- Footcare
- Frozen Meals
- In-home Stimulation
- Living Room
- Nursing care
- Respite and convalescence
- Telephone Check In
- Transportation (if a volunteer is available)
- Walking Club
- Wellness Clinics
- "With a Little Help from My Friends" caregiver support
- and much more.

For more details, please call Jeffery Hale Community Services at:

418 684-JEFF (5333), ext. 1580
Community Services, in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **684-JEFF (5333)**
1 888 984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



Jeffery Hale

418 684-JEFF (5333)
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www.jefferyhale.org

How to apply



to enter a public nursing home such as Saint Brigid's

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www.jefferyhale.org





To stay or to go? Equal rules for all Looking at your needs PECA has the final say

Like most older adults, you likely want to stay in your own home as long as you are able. In fact, you may already have services from Jeffery Hale Community Services or a CLSC giving you a hand around the house.

Today, the option of going into a public long-term care centre like Saint Brigid's is used **only** when homecare services, family and friends can no longer assure your safety and quality of life.

Gone is the time when you could call up the home and ask to be put on their waiting list, "just in case" you might need to go there someday.

In 1973, Saint Brigid's moved from downtown to Sillery. At that time, it also changed from a private to a public nursing home. Since then, it shares the same rules for its entry process with all other public homes.

Before 1980, there were gaps in the system that were at times unfair. Back then, a senior, or their family, would often have to shop around for a long time before getting into a home, even when their need was urgent.

This was because the process of deciding who got into a public nursing home (or who did not) was at the whim of each home itself. Also, each home had its own way of assessing a senior's health care needs.

Since 1985, all of Québec's health system uses the same forms in order to get a clear picture of the senior's state of health when he or she applies to live in a public nursing home. This helps to assure that everyone is treated equally.

There are any factors to assess when deciding if you **truly** need to move into a public nursing home.

Your family doctor and a social worker (from Jeffery Hale or your local CLSC) will meet with you. They use a special set of forms to get a clear picture of your needs. If you are in a hospital, a social worker and doctor from the hospital fills in these forms.

You and your family are a crucial part of this process. It is **your** life, after all.

Early on in the process, be sure to tell the social worker about your home of choice, be that Saint Brigid's or elsewhere.

Once the forms are filled in, they are sent to a committee called PECA at the local health board*. PECA is a team of people from the health field such as nurses, doctors, and social workers.

PECA takes all aspects of your life into account. They also consider things like the number of hours of care that you need each day from the staff at the nursing home. As well, they assure that the home of your choice—Saint Brigid's or elsewhere—is able to meet your needs.

PECA may accept your request to go into a nursing home. Or, they may refuse if they judge that you don't truly need to go in just yet. In this case, they will suggest other services to help you, such as more homecare.

Either way, PECA sends a written report back to your social worker. In turn, he or she will let you know the answer. If the answer is yes, your social worker will also confirm that your name has been added onto the waiting list of the home of your choice.

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*Agence de la santé et des services sociaux de la Capitale-Nationale