

## About the Convalescent Care Program

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We understand that sometimes during a period of recovery it takes a little time to restore the physical ability to return to the activities of daily living enjoyed before being admitted to hospital. Activities we often take for granted such as dressing, making meals, bathing and getting in and out of bed, don't always come easily following a hospital stay.

The Convalescent Care Program has been specially developed to improve the health and quality of life for adults following a stay in hospital. Our Convalescent Care Program assists with returning to independent living through the support of Glen Hill Strathaven's specialized team of health care professionals.

Based on individualized goals, the health care team will work to strengthen activities of daily living that build confidence, independence and endurance, all with the goal of a more independent lifestyle at home.



## About Your Health Care Team

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During your stay at Glen Hill Strathaven, skilled, interdisciplinary restorative nursing will be provided and geared to your needs.

A personalized care plan will be developed using a resident-centred, holistic approaches to care that takes into account your social, intellectual, emotional, physical and spiritual needs.

The Convalescent Care team may include a physician, nurse practitioner, registered nurse, registered practical nurse, health care aides, a social worker, an activity aide as well as access to physiotherapy, occupational therapy, geriatric assessment, recreation, restorative, respiratory and pharmacy staff on a consultative basis.

Depending on individual needs, other support services may include speech therapy, psychogeriatrics, skin care, diabetes care and infection control.

## About Your Stay

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A transfer from hospital to a semi-private (two bed) room on the Convalescent Care unit on the 3<sup>rd</sup> floor of Glen Hill Strathaven will be arranged. The hospital's discharge planner or Social Worker and the Central East Community Care Access Centre (CCAC) will make the necessary arrangements for transfer from the hospital. Our program can offer facilities like a kitchenette and exercise/therapy space to work on the skills needed to have you return home.

## Associated Costs

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There is no cost for insured services for the program. Uninsured services such as telephone, cable TV, special medication and transportation to and from medical appointments are the responsibility of clients.

**Meeting the individual and personal needs of each client at every stage of recovery.**

## Returning Home

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Individual care needs will determine your length of stay in the Convalescent Care Program with the length of stay being from 7 to a maximum of 90 days.

The health care team will consult with you regarding a discharge date once you have been assessed. A Case Manager from the Central East Community Care Access Centre (CCAC) will consult with the health care team to identify whether additional support in your community will be required upon discharge. The CCAC will make the necessary arrangements for in-home or community support services if needed, to assist you when returning home.

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**Providing high quality, effective convalescent care to those recovering from surgery or illness that require rehabilitation services.**

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Glen Hill Strathaven uses a patient-focused approach for clients who may have suffered from a prolonged acute or chronic illness or who may have recently undergone illness or surgery.

Our Convalescent Care Program uses the coordinated efforts of an interdisciplinary team, with the goal of returning patients home.



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### Questions?

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Glen Hill Strathaven is a long-term care home managed by Durham Christian Homes Society Inc. and is licensed by the Ontario Ministry of Health and Long-Term Care. The Convalescent Care Program is located in a dedicated wing on the 3<sup>rd</sup> floor of the Glen Hill Strathaven Home on King Street in Bowmanville.

Working together with the Central East Health Integration Network (LHIN) we are committed to ensuring patients receive care in the most appropriate health care settings to meet their needs.

If you have any questions about The Convalescent Care Program, please speak with your health care provider or the Discharge Planner/Social Worker at your local hospital.

### Glen Hill Strathaven

### Convalescent Care Program

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**GLEN HILL STRATHAVEN**  
A DURHAM CHRISTIAN HOMES COMMUNITY

## CONVALESCENT CARE



## Short Term Care That Supports Independence

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