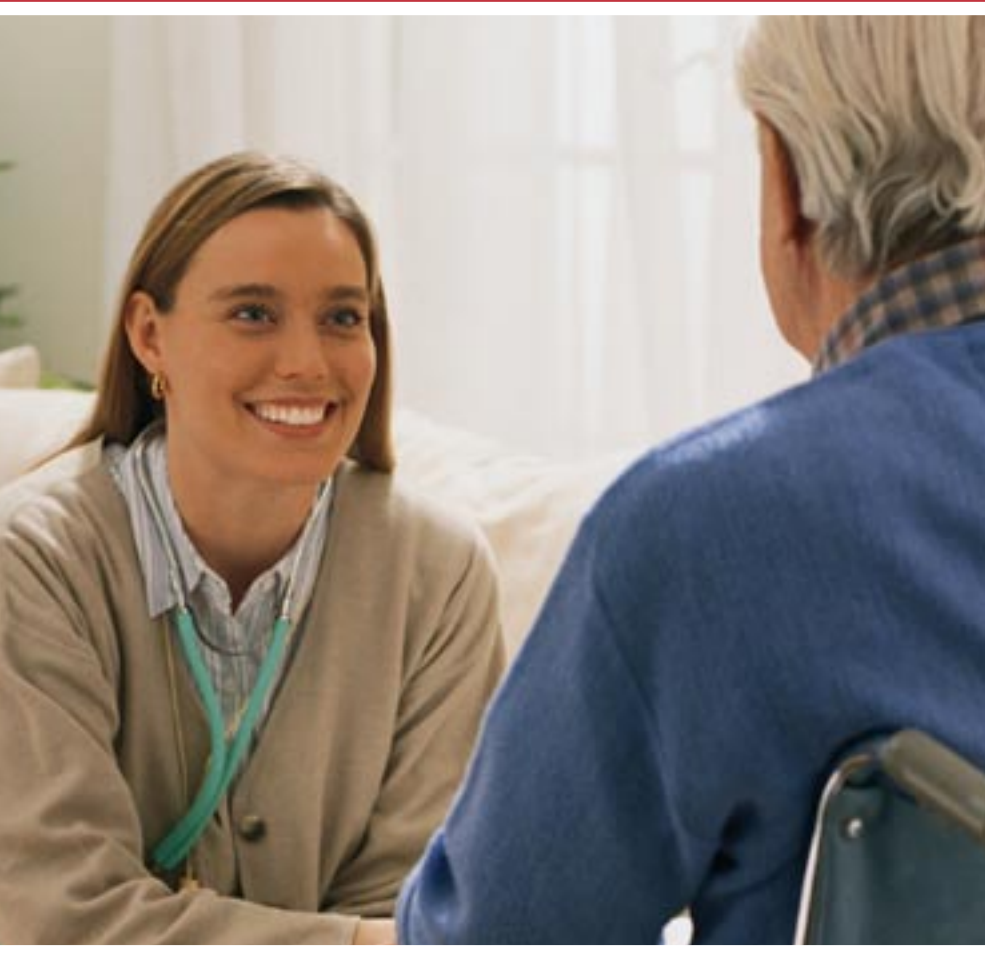


# A Guide for Persons with Stroke about Long Term Care Homes



This guide includes information that will help stroke survivors and their loved ones make decisions about choosing, moving into, and living in a Long Term Care (LTC) Home.

Knowing what questions to ask, and getting the answers you need, will help you find the Long Term Care Home and the services that best meet your needs.



SHIELD LOGO  
HERE

# Questions to Ask the Long Term Care Home

## PHYSIOTHERAPY

Do you have a physiotherapist on staff or have access to physiotherapy services for assessment and ongoing therapy? (Ask for details.)

## RESTORATIVE CARE

What restorative care services do you provide? What is the frequency of this service?

## OCCUPATIONAL THERAPY/ASSISTIVE DEVICES PROGRAM (ADP)

How does your Home provide occupational therapy services such as seating assessment, mobility aides, etc? How do you provide assistance with the ADP process/assessment?

## SPEECH/SWALLOWING

Can you access speech therapy, in addition to dietitians, for speech and swallowing assessments?

## COUNSELLING SERVICES

Are there professional counselling services available?

## RECREATIONAL ACTIVITIES

What recreational/interest activities do you provide in the home for people with stroke who have some limitations?

## TRANSPORTATION

Is there wheelchair-accessible transportation available, through the LTC Home, for outings and appointments? Is there public transportation available?

## COMMUNITY RE-ENGAGEMENT

Is there an opportunity for involvement in community activities/outings?

## OTHER RESIDENTS WITH STROKE AND STROKE SUPPORT GROUP

Are there other families/residents in this Home dealing with stroke at this time?  
Is there a stroke support group available for family/caregivers/survivors?

## STROKE TRAINING

Has any staff in your Home had additional education/training related to stroke?

# HOME # 1

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

# HOME # 2

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

# HOME # 3

NAME \_\_\_\_\_

PHONE \_\_\_\_\_

# Stroke Care Map for Persons with Stroke Choosing, Moving into and Living in LTC.

This chart outlines what happens before, during and after the move to Long Term Care. The red bar on the right hand side shows you what to expect at each stage of our move and when. The next page of this guidebook provides more information about each of the items listed below.

- 1 What to look for in a LTC home** .....
- 2 Involvement in the move from hospital to LTC** .....
- 3 Knowledge of available outside professional services** .....
- 4 Education** .....
- 5 Knowledge of Assistive Devices Program (ADP) and ADP process in LTC** .....
- 6 Knowledge of community activities/groups/stroke support groups** .....
- 7 Introduction to staff and their roles** .....
- 8 Involvement in Resident Care/Life** .....
- 9 Counselling/support** .....
- 10 Knowledge of community amenities** .....
- 11 Need for re-assessment** .....

## STAGE 1

### Looking for LTC

You will need the information you collect at this stage throughout the process of moving into and living in, a LTC home.

## STAGE 2

### Moving into LTC

At this stage, you will need to learn more about community activities, services and Stroke Support Groups.

## STAGE 3

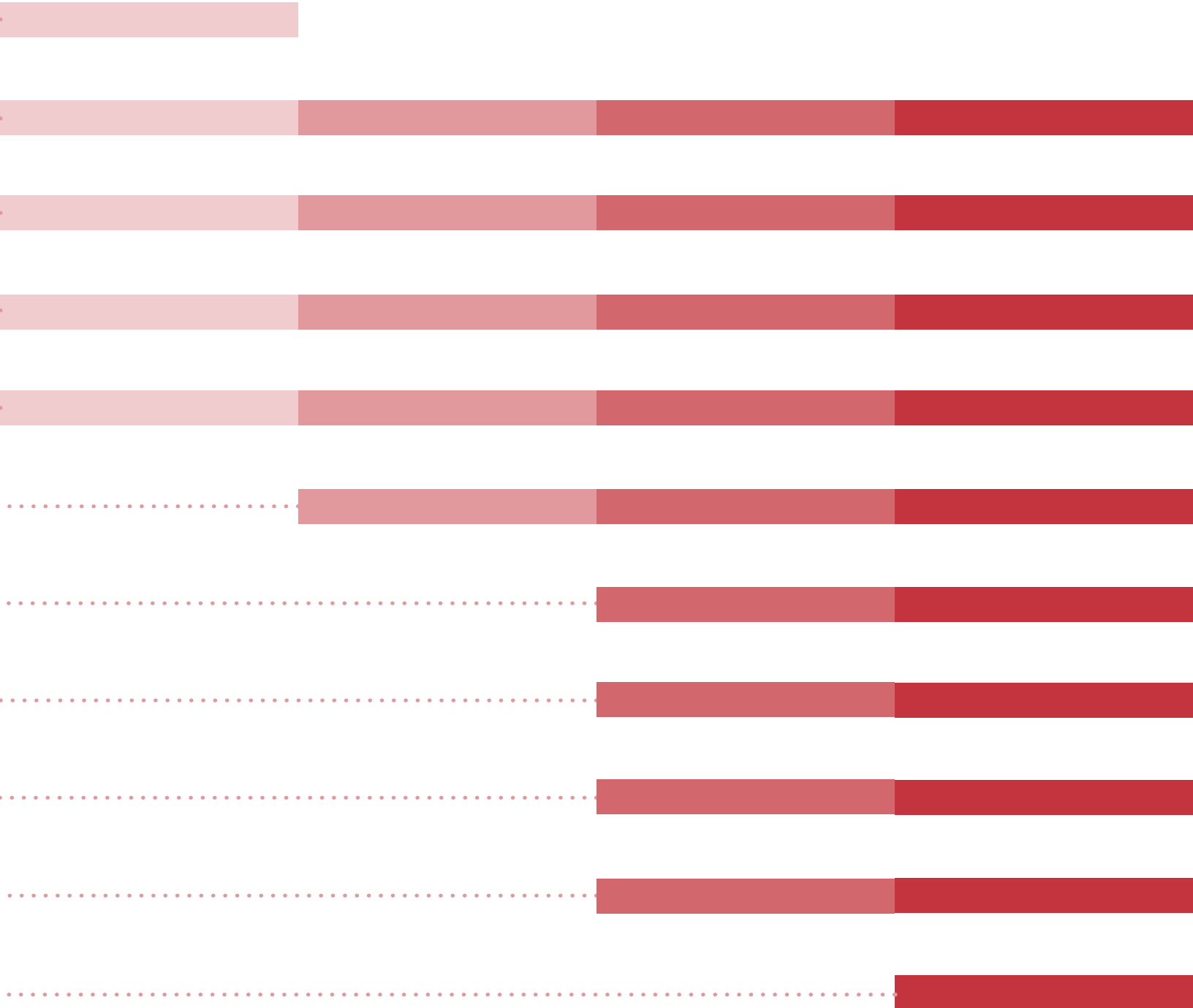
### The first 6 wks in LTC

At this stage, you will need your information about the staff and the resources available in your Long Term Care Home.

## STAGE 4

### Ongoing resident care

At this stage, it is important to understand the need for reassessment..



# Guide to Stroke Care Map for Persons with Stroke Choosing, Moving into and Living in LTC

1. **WHAT TO LOOK FOR IN A LTC HOME:** Refer to Page 1 of this Guide, “Questions to Ask the Long Term Care Home.” The LTC Home brochure will tell you what you should bring with you on admission.
2. **INVOLVEMENT IN THE MOVE FROM HOSPITAL TO LTC:** Hospital staff and LTC Home staff will discuss your care plan including the medical care you need and your rehabilitation plan. Staff at the LTC Home will share this information with you.
3. Some stroke survivors living in LTC Homes can receive professional services such as speech therapy, occupational therapy and social work services in addition to those provided by the LTC Home. The Community Care Access Centre can make referrals to these services or you may make your own arrangements for private services with the staff of your LTC Home.
4. **EDUCATION:** Education for stroke survivors and their families is ongoing. The nursing and medical staff from your LTC Home will teach you about the signs and symptoms of stroke, medications and the prevention of more health problems. After you move in, a conference will be held to discuss your health goals, treatment and ongoing plan of care. Your team of health care workers will meet with you and your family every year to discuss your changing needs and/or goals. It is very important for you to be involved in this process.
5. “s” on the end of wheelchairs and walkers – capital “h” on homes.
6. **KNOWLEDGE OF COMMUNITY ACTIVITIES/GROUPS/STROKE SUPPORT GROUPS:** The LTC Home staff can provide you with information about local support groups and specific services for stroke survivors.
7. **INTRODUCTION TO STAFF AND THEIR ROLES:** During the introductory tour, you will meet the members of the LTC Home staff. The information you are given when you are admitted will give you the names of key staff and their roles in the Home.
8. **INVOLVEMENT IN RESIDENT CARE/LIFE:** You and your family will have choices and can be involved in your care and treatment on an ongoing basis.
9. **COUNSELLING/SUPPORT:** The staff at your LTC Home will provide you with ongoing support and assessment. The Pastoral Care Team and/or social worker will assist with spiritual care and one-to-one counselling.
10. **Community Amenities:** The LTC Home staff can provide a community map/brochure and facility information when you tour the LTC Home and when you are admitted.
11. **NEED FOR REASSESSMENT:** As a stroke survivor, it is important that your needs and goals are reassessed regularly. Nursing, Medical, Dietary and Program staff will reassess your health and care on a quarterly basis, as well as at the annual family conference, and/or when changes occur.

