



# Long Term Care Facilities

Long-term care facilities licensed and funded by the Department of Health and Wellness provide services for people who need ongoing care; either on a long-term basis (permanent placement) or short-term basis (respite care). There are two types of long-term care facilities available, nursing homes and residential care facilities.

## What are nursing homes?

Nursing homes are important options for people who have difficulty performing everyday tasks such as, dressing, bathing and toileting. Nursing home placement is appropriate for people who are medically stable but have nursing needs that cannot be met through home care.

## What are residential care facilities?

When Home Care does not meet the needs of a person and nursing home care is not required, a residential care facility may be the solution. Residential care facilities provide people with personal care, supervision and accommodation in a safe and supportive environment. (People living in residential care facilities must have the ability to self-evacuate in the event of an emergency.)

## What services do nursing homes and residential care facilities provide?

Nursing homes provide nursing and personal care on a 24-hour basis including care given under the supervision of a nurse, administration of medication and

assistance with daily living. Other services may include physiotherapy, occupational therapy, recreation, and those provided by a Social Worker.

Residential care facilities provide assistance with personal care such as, bathing and dressing, and reminders about daily routines. Personal care and supervision are provided by Residential Care Workers who are available on site at all times.

For both nursing homes and residential care facilities, staff administer all medications for residents. The facilities have medical advisors but residents may continue to visit their family doctor. Residents usually have private bedrooms or share with one other person but common spaces include dining and living areas, bathrooms, and outdoor spaces. Residents are served three meals per day and snacks. Menus consider residents' preferences, accommodate special diets, and follow Canada's Food Guide.

## How do I apply to live in a nursing home or residential care facility?

To apply for residency in a nursing home or a residential care facility, contact Continuing Care, toll-free at **1-800-225-7225** to find out about the application process, to arrange for a Care Coordinator to assess your care needs, and to identify the best method of having your needs met.

# Long-Term Care Facilities

## Calling from outside of Nova Scotia:

If you are calling from outside Nova Scotia about someone who lives in a community serviced by one of the province's nine District Health Authorities, please call the appropriate number below. These telephone numbers operate every day, including weekends, from 8:30 a.m. to 4:30 p.m.

Annapolis Valley District Health Authority,  
1-902-742-0629

Cape Breton District Health Authority,  
1-902-563-3695

Capital District Health Authority,  
1-902-487-0607/0640

Colchester East Hants Health Authority,  
1-902-893-6277

Cumberland Health Authority,  
1-902-893-6277

Guysborough Antigonish Strait Health Authority,  
1-902-563-3695

Pictou County Health Authority,  
1-902-893-6277

South Shore Health Authority,  
1-902-742-0629

South West District Health Authority,  
1-902-742-0629

## How much do nursing homes and residential care facilities cost?

Long-term care costs are shared by you, as the resident, and the provincial government. The Department of Health and Wellness pays for the health care costs, and you pay your accommodation costs and personal expenses.

The Department of Health and Wellness sets standard accommodation charges annually. Those who are able to pay the full standard accommodation charge are not required to complete a financial assessment. Those who cannot pay the standard accommodation charge can apply to have their rate reduced through an income based financial assessment.

To learn more please call Continuing Care toll-free line at **1-800-225-7225**, or visit the Department of Health and Wellness website at **[www.gov.ns.ca/health/ccs](http://www.gov.ns.ca/health/ccs)**