

Guidelines for Long Term Care Visits

The information below is based upon the Long Term Care Directive which is [found here](#).

What's New

Effective December 21, 2020, social visitors are permitted in long-term care for pre-scheduled visits. Each resident is also able to identify two Designated Caregivers. Please contact the facility to plan your visit as timing and logistics may vary by Nursing Home.

Who Can Visit

Social Visitors

Includes family members, support persons and friends, as well as family/support persons transporting a resident to a medical/dental appointment. Social visitors are not able to participate in resident activities inside the facility.

Children may visit with residents if accompanied by an adult, subject to Facility policy. Visitors should ask if children are able to visit, as some facilities may not be able to accommodate children visiting.

Designated Caregiver

A Designated Caregiver is a family member and/or support person who has been regularly in the resident's life, supporting their health and well-being prior to COVID-19. They are chosen in partnership between the resident or their substitute decision maker and the facility. Some responsibilities of a Designated Caregiver are:

- Helping with movement, feeding, dressing and grooming
- Helping with communication
- Supporting a resident's health and happiness
- Helping a resident with their visits, social time or going to medical/dental appointments off-site

If there are two Designated Caregivers assigned to one resident, they are not allowed to visit the resident at the same time. A Designated Caregiver is permitted to have daily access to their loved one.

Visiting a Facility

COVID-19 has changed the way long-term care facilities accept visitors. It is important that you know who can visit and what is expected during the visit. Facilities will determine the appropriate number of residents who can have a visitor(s) at the same time and the number of visitors at one time per resident. Facilities might also offer a window of time during the day for visits to allow for proper cleaning, staff changes, etc. Visitors must contact your LTC home prior to planning a visit.

Arrival expectations

- You will be greeted by facility staff, who will screen you for symptoms or any COVID-19 contacts you might have had
- You will be given a medical grade mask that must be worn during your whole visit
- You will be asked for your contact information and health card number
- You will be asked to sanitize your hands
- You will be escorted to the resident you are visiting
- Families may bring food and other gifts to the Facility when they visit

During the visit

- Your visit will happen in an area that the facility chooses that allows for social distancing.
- You will be asked to wash/sanitize your hands often
- You will need to maintain social distancing of 2 meters from everyone, including the resident you are visiting
- You may have a brief hug, handshake, or touch. Masks must be worn by the visitor.
- The length of the visit may vary by facility and is based on space available for indoor visits, and other considerations.
- You will not be able to take part in any facility social activities, including feeding in a common dining room
- At the end of your visit, you will be escorted to the facility exit by staff

Resident Access to the Community

Reasons residents can leave the facility

Residents can leave their facility for:

- Medical/dental appointments
- Sightseeing drive organized by the facility (no stops/drive-throughs)
- Sightseeing drive with their Designated Caregiver (no stops/drive-throughs)

A resident can leave as often as needed if it is approved by the facility.

No overnight trips are permitted; residents must return the same day.

Resident Independence

Residents can leave the facility on their own if the Designated Caregiver(s) and Facility Staff agree that it is safe. If they do, the resident will need to make sure they abide by all Public Health rules (wearing a mask, social distancing, etc.).