

# Kejituek

*(translation: we know, or we have the knowledge)*

## Fact Sheet Series About Provincial Continuing Care Services Available On-Reserve in Nova Scotia



*This Fact Sheet is one of a series that describes the Continuing Care services funded by the Province of Nova Scotia and delivered through the Nova Scotia Health Authority.*

**Note to Readers:**

The following fact sheets have been developed to help First Nations people living on-Reserve in Nova Scotia have a better understanding about provincial continuing care services that are available to them. *Kejituek* means "we know" or "we have the knowledge".

We hope you find this information helpful.

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## Fact Sheet 1: Overview of Eligibility for Provincial Continuing Care

Registered First Nations living on-Reserve in Nova Scotia have access to home-based health care and residential care through provincially and federally funded programs. This fact sheet series describes the continuing care services that are provided on-Reserve through the Province of Nova Scotia. Eligibility for provincial continuing care services varies, depending on whether a person lives on-Reserve and whether they are a Registered Status individual under the federal Indian Act and therefore have access to similar federally funded services.

**Non-Status individuals living off-Reserve** can access all provincial continuing care services.

**Status individuals living off-Reserve** can access many continuing care service listed in the table in this fact sheet, but there are some exceptions.

**Non-Status individuals living on-Reserve** can access provincial continuing care services through the Nova Scotia Health Authority (NSHA). While some Bands in Nova Scotia do provide these individuals with access to home and community care services through the local health centre, others do not. Contact your local health centre for more information.

**Status individuals living on-Reserve** can access provincial continuing care services that are not provided by the First Nation & Inuit Home and Community Care Program (for more information visit [www.hc-sc.gc.ca/fniah-spnia/services/home-domicile/index-eng.php](http://www.hc-sc.gc.ca/fniah-spnia/services/home-domicile/index-eng.php)) or the Assisted Living Program through Aboriginal Affairs and Northern Development Canada. The availability of non-essential services varies by Band.

### For more information about provincial continuing care services:

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: [www.gov.ns.ca/health/ccs](http://www.gov.ns.ca/health/ccs)

Continuing Care Service	Status and Non-Status off-Reserve	Non-Status on-Reserve	Status on-Reserve	Does the Program have fees?
Home Care				
Acute Nursing Services	Yes	Yes	Yes	No fee
Chronic Nursing Services	Yes	Yes	No	No fee
Home Support Services	Yes	Yes	No	Fees
Discharge Planning from Hospital	Yes	Yes	Yes	No fee
Regular bed in LTC Facility	Yes	Yes	Yes	Fees
Respite bed in LTC Facility	Yes	Yes	Yes	Fees
Caregiver Benefit	Yes	Yes	Yes	No fee
Personal Alert Assistance Program	Yes	Yes	Yes*	No fee
Supportive Care Program	Yes	Yes	No	No fee
Self Managed Care	Yes	Yes	No	Fees
Home Oxygen	Yes	Yes	No**	Fees
H.E.L.P. Bed Loan Program	Yes	Yes	Yes	No fee
Adult Protection Services	Yes	Yes	Yes	No fee
Protection for Persons in Care	Yes	Yes	Yes	No fee

\* First Nation on Reserve who do not receive Income Assistance through Aboriginal Affairs and Northern Development Canada (AANDC) are eligible for this program.

\*\*Status individuals have access to oxygen services through Non-Insured Health Benefits offered through Health Canada and as a result, are not eligible for provincial home oxygen services.

## **Fact Sheet 2: What is acute home care?**

Acute home care makes it possible for people to be discharged from hospital sooner or can help prevent a hospital stay. Acute home care services are for people with a short-term medical problem that requires nursing care that can be provided safely at home (e.g. IV therapy for an infection).

Acute home care services are only provided based on an order received from a physician. Usually an acute medical condition lasts until treatment has ended (up to a few weeks).

Once the prescribed acute home care treatment(s) has finished, the NSHA care coordinator will work closely with local health staff to see if you can be discharged or if you need other services. If so, they will develop a care plan together.

### **How do I access acute home care services on-Reserve?**

Often the request for acute home care comes from your doctor or, if you are in hospital, from the nurse or discharge planner. They will make arrangements for you to receive acute home care services. An order from your doctor is required before the service can be organized. The NSHA care coordinator may call you for more information to arrange the service. If you have any questions you can ask at your health centre or call 1-800-225-7225. A friend or family member can also call on your behalf.

If you need services beyond a few weeks, or require other provincially funded home care services, your local health centre will work with you and a NSHA care coordinator to arrange an assessment. Urgent assessments take priority.

### **Is there a fee?**

No.

### **Who provides the service?**

VON (Victorian Order of Nurses) and NSHA Continuing Care nurses provide acute nursing care in your home. The NSHA care coordinator assesses your progress and can work with you and your local health centre to match your needs with the appropriate provincial program. The

DHA care coordinator is employed by the District Health Authority and works closely with the FN home care coordinator in each community.

**What if I need more care than can be provided in the home?**

Your DHA care coordinator will give you information that may include an application for long term care placement. The NSHA care coordinator will help you and your family with the process of finding an appropriate long term care home if you need it.

**For more information about provincial continuing care services:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/home-care.asp>

## Fact Sheet 3: Caregiver Benefit

The Caregiver Benefit Program recognizes the important role of caregivers in providing support to loved ones and friends. The program is for people with a low income, who are receiving care and have a high level of disability or impairment, as determined by a home care assessment. If the caregiver and the care recipient both qualify for the program, the caregiver will receive \$400 per month.

### **Eligibility Checklist**

The **person receiving care** must:

- be 19 years of age or older
- be a Nova Scotia resident
- be in a regular, ongoing care-giving relationship with the person providing care
- have a net annual income of \$22,125 or less, if single, or a total net household income of \$37,209 or less, if married or common-law
- have a care assessment completed by a NSHA care coordinator confirming a very high level of impairment or disability requiring significant care over time (see below for more information)

The **caregiver** must:

- be 19 years of age or older
- be a Nova Scotia resident
- be in a regular, ongoing care-giving relationship with the person receiving care, providing 20 or more hours of assistance per week
- not already be receiving payment to provide assistance to the person for whom s/he is providing care
- be willing to sign an agreement that defines the terms and conditions for receiving the caregiver benefit

### **How does the Caregiver Benefit program determine eligibility of the person receiving care?**

The person receiving care must be assessed by a NSHA care coordinator and have a very high level of impairment or disability that requires significant care over time. They must have a regular, ongoing relationship with the person providing care (who must also meet program eligibility criteria) that is expected to extend beyond 90 days.

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The person receiving care must consent to an income test. Only care recipients in a low income category will qualify for this program.

**What kind of needs must a person receiving care have to qualify?**

Applicants who are assessed as having very high needs would have some combination of:

- significant memory loss and memory problems that affect daily functioning;
- many challenges with managing their personal needs;
- serious behaviour problems;
- a high risk of falls;
- a high risk of institutionalization.

**How does the income test work?**

To qualify for the Caregiver Benefit program a care recipient who is single, divorced or widowed can have an annual net income of up to \$22,125. A married or common-law care recipient can have an annual net household income of up to \$37,209. "Net income" is the income identified on line 236 of the Federal Income Tax Return, or in the Notice of Assessment provided by the Canada Revenue Agency.

The benefit is reportable income. Caregivers should contact Canada Revenue Agency regarding any questions about its tax implications.

**For more information about the Caregiver Benefit  
or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/caregiver-benefit.asp>

## Fact Sheet 4: Facility-Based Respite Care

### What is respite care?

Family caregivers provide care and support to help their loved ones stay in their community longer. This role can put physical, mental and emotional stress on the caregivers themselves. Caregivers sometimes need a short break from their care giving responsibilities.

Respite care is provided during a short stay in a long term care (LTC) facility. Short-stay beds are available to provide respite in licensed LTC facilities across the province. Respite care is normally planned in advance but may also be provided in emergency situations when the caregiver is temporarily unavailable.

### How long can a person stay in a respite bed?

A person may access a licensed respite bed for up to a maximum of 60 days in a calendar year. However, no more than 30 days can be taken between July 1 and October 1, to ensure fair access to the beds during high demand periods.

### How does someone arrange for respite care?

Anyone wanting to make arrangements for respite care can start the process by calling 1-800-225-7225. If this service is right for them, arrangements for a stay in a respite bed are made on a first come, first served basis.

### Is emergency respite available?

Yes. In emergency situations, every effort is made to complete the full application process before a person is placed in respite care. If absolutely necessary, a person may be admitted to a LTC facility respite care bed before their application is complete. In this case, the person needing care must be willing to accept the closest available respite bed and they (or someone on their behalf) must agree to complete any unfinished parts of their application immediately after admission.

### A situation is considered an emergency when all of the following occur:

- there is a sudden and temporary loss of a caregiver;
- replacement caregivers are not available; and

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- the person needing care cannot live safely alone with available home care and other community-based supports.

**How much does respite care cost?**

Please refer to the following website for further information:

<http://novascotia.ca/dhw/ccs/FactSheets/Home-Care-Fee-Structure.pdf>

**For more information about facility-based respite care  
or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/respite-care.asp>

## **Fact Sheet 5: H.E.L.P. Bed Loan Program Fact Sheet**

The H.E.L.P. - Bed Loan Program is a program that loans a hospital bed through the Canadian Red Cross for a person to use in his or her own home.

### **Can I access this program on-Reserve?**

Yes. This program is available to people living on- or off-Reserve.

### **To get a bed you must:**

- be a resident of Nova Scotia, with a valid Nova Scotia health card;
- be assessed by a NSHA care coordinator to make sure this is the right equipment for you;
- accept responsibility for the bed system in the home, or have someone who is willing to do so.

### **Do I have to pay to borrow the bed?**

No.

### **How do I apply?**

Anyone can call the NSHA Continuing Care Program line (1-800-225-7225) and ask for an assessment by a Nova Scotia Health Authority (NSHA) care coordinator. The call can come from you, your doctor, any member of your care team, family or friend.

### **What happens next?**

A NSHA care coordinator will meet with you. They will see if the H.E.L.P. Bed Loan Program is the right service for you and may also see if there are other provincial continuing care services that could help you or your family member.

If you are approved to borrow a bed, the NSHA care coordinator will make arrangements for someone from the Red Cross to call you and deliver the bed system. You can also ask the Red Cross to contact a family member or friend to help coordinate delivery, setup and pickup.

### **Is there a waiting period?**

There may be a waiting period of up to 2 to 3 weeks depending on the availability of a bed.

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**How much does this program cost?**

There is no fee for this program.

**What is the delivery, setup and pick-up process?**

The Red Cross will call you to determine the layout of your home and set up a convenient time for the delivery. They will set up the bed in your home and make sure it is in good working order. They will show you how to use the bed and give you a number to call if you have any problems with it. They will also service (or replace) the bed if it needs any repairs. If you need help with the bed, you can call the Red Cross toll free at 1-888-496-0103.

**How long can I keep the bed?**

You can keep it for as long as you need it. When you no longer need the bed system, you will be expected to contact Red Cross for pick-up.

**If I no longer need the bed, can I give it to someone else?**

No. If you don't need the bed anymore, you must call the Red Cross to come and pick it up. All new requests for beds must go through the NSHA Continuing Care program.

**What will happen if there is a power outage in my home?**

All beds provided through the program have a hand crank mechanism in case the power or the bed motor fails. If you have any questions or concerns, please contact the Red Cross toll free at 1-888-496-0103.

**For more information about the H.E.L.P. - Bed Loan Program  
or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/health-equipment.asp>

**For bed related issues call: Red Cross toll free at 1-888-496-0103.**

## Fact Sheet 6: What is Long Term Care (LTC)?

Long Term Care (LTC) includes accommodation, supervisory care, personal care and nursing services provided to people who can no longer live independently in their own home or with the support of loved ones.

The Nova Scotia Department of Health and Wellness licenses and approves LTC facilities. Nova Scotia Health Authority (NSHA) staff do the assessments and coordinate placements.

There are two main kinds of LTC facilities:

- 1) Nursing homes** for people who need personal care and nursing care;
- 2) Residential Care Facilities (RCFs)** for people who need supervisory and personal care.

### How do I know if I need long term care?

Everyone's situation is different. Some people enter long term care because:

- family members who usually provided their care are no longer available;
- they have health problems and require a high level of personal care or ongoing nursing care;
- they are in hospital and cannot return home because of the need for ongoing nursing care; or
- their care needs exceed what home care can provide.

If your needs change once you're in LTC, the right services will be put in place to help you.

### How do I apply for LTC?

If you feel that you or a family member needs LTC, you can contact the NSHA continuing care program by calling the toll free intake line at 1-800-225-7225. A care coordinator from your NSHA will do an assessment. If you are in hospital, you can also ask the hospital staff to refer you to a DHA care coordinator.

### Can I choose which facility I want to live in?

After you meet with the NSHA care coordinator, s/he will provide you with a list of facilities that can provide your approved level of care. How long you wait depends on many factors including how many homes you select, how many people are waiting to go to these homes

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and how many vacancies occur. Wait times can vary across the province. Please ask your NSHA care coordinator about the wait time for the location of your choice at the time of your assessment.

If you live at home and your situation changes while waiting for an opening at the facility of your choice, you should contact the NSHA care coordinator. They may be able to arrange for other services, such as respite care. If you feel you need hospital care, call your family doctor.

**What happens if I am not ready to move when a bed is offered to me?**

As of March 2, 2015, clients waiting in the community for placement in a long term care facility will no longer have the option to defer placement until a later date. When the client receives a bed offer, they must either accept or refuse the bed.

**What happens if I turn down a bed that is offered to me?**

If you choose to refuse a bed offer, regardless of whether you are waiting at home in your community or in hospital and subject to First Available Bed provision, you will be removed from the wait list. Individuals who refuse a bed offer and wish to reapply will have to wait 12 weeks, unless there has been a significant change to their health status.

**My spouse is living in an LTC home and now I need care. Can we live together?**

Yes, if your care needs can be met by that home. You will need to meet with a NSHA care coordinator, who will assess your needs. If the home can meet your needs you will then be placed on the waitlist. Efforts are made to reunite couples as soon as possible although you may still need to wait at home until a vacancy becomes available at that facility. This could take weeks or possibly months.

**If I am in hospital waiting for LTC, what do I need to know?**

If you are being discharged from hospital, you will be asked to move to the first available bed in a facility within 100 km of your chosen community. This ensures hospital beds are available for others who need this level of care. Once you move to the nursing home, you can ask for a transfer to the home of your choice.

**For more information about long term care  
or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/long-term-care.asp>

## **Fact Sheet 7: Provincial Long Term Care / Residential Care Facilities**

A Residential Care Facility (RCF) is a type of facility-based long term care (LTC) available to people in Nova Scotia, including those living on-Reserve.

### **What are Residential Care Facilities (RCFs)?**

RCFs can be an option for people who need housing and continuing care. When home care is not appropriate and nursing home care is not required, an RCF can provide people with personal care, supervision and accommodation in a safe and supportive environment. RCFs have resident-family councils that can make suggestions about how to make the facility culturally safe and comfortable for the people living there.

In Nova Scotia, RCFs that operate under the jurisdiction of the Department of Health and Wellness (DHW) mainly provide care to seniors and are inspected by departmental staff to ensure they are operating in compliance with the Homes for Special Care Act and Regulations.

RCFs are owned and operated by municipalities, private individuals and for profit/not for profit organizations.

### **Who is a typical RCF resident?**

An RCF resident is usually someone who:

- has a chronic disease (e.g. arthritis, hypertension)
- has decreased physical and/or mental abilities that reduce his/her independence
- has care needs that cannot safely or consistently be provided at his/her home
- requires supervision and/or personal care of no more than 1.5 hours per day
- does not require the services of an on-site registered nurse
- can get around on his/her own (with or without assistance of canes, walkers, or wheelchairs)
- has the physical and mental ability to escape from a building unassisted in the case of an emergency

### **What services does an RCF provide?**

A RCF provides a home-like setting where residents are invited to make suggestions to make the place as culturally comfortable as possible. RCFs provide personal care that can include help with bathing and dressing, or reminders about daily routines. Residential care workers are on site at all times to provide personal care and supervision. Generally, facility staff administer residents' medications. Residents can continue to be served by their own family doctor.

Residents in a RCF will either have their own private room or share with one other person. There are common areas for kitchen, dining and living. The menu considers resident likes and dislikes and accommodates special diets. Residents can provide their ideas on such things as meals and recreation activities, either informally or by participating in a facility resident-family council.

### **If I want to move to a RCF what do I do?**

You can apply through the NSHA by calling 1-800-225-7225. You, your doctor or a family member can start the application process. A care coordinator from the Nova Scotia Health Authority (NSHA) will visit you to assess your care needs and help identify if a RCF can provide the care you need.

### **What happens if I am not ready to move when a bed is offered to me?**

As of March 2, 2015, clients waiting in the community for placement in a long term care facility will no longer have the option to defer placement until a later date. When the client receives a bed offer, they must either accept or refuse the bed.

### **What happens if I turn down a bed that is offered to me?**

If you choose to refuse a bed offer, regardless of whether you are waiting at home in your community or in hospital and subject to First Available Bed provision, you will be removed from the wait list. Individuals who refuse a bed offer and wish to reapply will have to wait 12 weeks, unless there has been a significant change to their health status.

However, if you are in hospital and waiting for placement in an RCF, you must take the first available RCF bed within 100 kms of your selected community. You can then request a transfer to one of your preferred facilities.

### **Are there any RCFs that are on-Reserve in Nova Scotia?**

Yes, Townsview Estates is on-Reserve land in Millbrook.

**For a directory of Department of Health and Wellness licensed RCFs,  
more information about RCFs,  
or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/long-term-care.asp>

## **Fact Sheet 8: Provincial Long Term Care / Nursing Homes**

A nursing home is one type of facility-based long term care (LTC) available to people in Nova Scotia, including those living on-Reserve.

### **How do I get a bed in a nursing home?**

People who are ready to move into a nursing home apply by calling the NSHA at 1-800-225-7225. A care coordinator from the Nova Scotia Health Authority (NSHA) will visit and assess your care needs to see if a nursing home is the right place for you. You are not expected to find a nursing home bed yourself.

You may think you're ready for nursing home care, but an assessment may find that home care is right for you instead. Most people prefer to stay at home with the right services in the community to support them.

### **I may need a nursing home in a couple of years. Should I apply now?**

No. Only those people who are ready to move into a nursing home now should apply.

### **Can I pick the nursing home I want to live in?**

Yes. You can choose the nursing homes you'd like to live in from a list of approved facilities that the NSHA care coordinator will give you. You can also visit the website to view a listing of approved facilities: [http://www.gov.ns.ca/health/ccs/directories\\_facilities.asp](http://www.gov.ns.ca/health/ccs/directories_facilities.asp)

You can include as many nursing homes as you want on your list.

Once a vacancy becomes available in one of those nursing homes, and you are at the top of the waiting list, you will receive a call with details of what home is available.

### **What happens if I am not ready to move when a bed is offered to me?**

As of March 2, 2015, clients waiting in the community for placement in a long term care facility will no longer have the option to defer placement until a later date. When the client receives a bed offer, they must either accept or refuse the bed.

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### **What happens if I turn down a bed that is offered to me?**

If you choose to refuse a bed offer, regardless of whether you are waiting at home in your community or in hospital and subject to First Available Bed provision, you will be removed from the wait list. Individuals who refuse a bed offer and wish to reapply will have to wait 12 weeks, unless there has been a significant change to their health status.

However, if you are in hospital and waiting for placement in a nursing home, you must take the first available nursing home bed within 100 kms of your selected community. You can then request a transfer to one of your preferred nursing homes.

### **Are there any Nursing Homes on-Reserve?**

No.

### **For more information about long term care or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/long-term-care.asp>

## **Fact Sheet 9: Paying for Long Term Care**

### **Do I have to pay for long term care?**

Yes, long term care is paid for jointly by the provincial government and by long term care residents. The amount you pay may be different depending on whether you have Registered Status or not, because Aboriginal Affairs and Northern Development Canada (AANDC) may pay for costs depending on your eligibility for assistance and the level of care that you require.

If you have Status and do not require nursing home level care (e.g. your care needs can be met in a residential care facility) you should talk to someone at your local health centre to arrange for an income test, which will determine your ability to pay and the amount of help you can receive. You can also call the Confederacy of Mainland Mi'kmaq (CMM-the organization that administers AANDC funding for institutional care) toll free at 1-877-892-2424 for more information about federal long term care assistance.

If you have Status and require nursing home level care (or do not have Status), you will have to pay for the room and board costs in long term care. This charge is collected by the long term care facility and is different for each type of facility. If you cannot afford the charge, you can complete a financial assessment through the Nova Scotia Health Authority (NSHA) Continuing Care program to determine if you are eligible for financial assistance.

### **What does the provincial government pay for?**

- Health care costs for resident care such as, salaries, benefits and operational costs of nursing and personal care, social work services, recreation therapy and physical, occupational and other therapies.
- Patient transportation for dialysis treatment and inter-facility transfers due to the First Available Bed Policy.
- Specialized equipment loan program for residents in long-term care. This program is administered by the Canadian Red Cross, Nova Scotia Region. Depending on income and type of equipment, a resident may be required to pay a fee. Please see the Specialized Equipment Fact Sheet for more information.

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### **What do I pay for?**

Accommodation charges which include salaries, benefits and operational costs of maintenance, dietary services, housekeeping, management and administration departments, capital, and return on investment. This charge is collected by the long-term care facility.

Personal expenses including clothing, eyeglasses, hearing aids, dental services, funerals, Pharmacare co-pay, transportation (except for dialysis treatments and inter-facility transfers as per the First Available Bed Policy), and other services provided by the long-term care facility.

### **How much are accommodation charges?**

Each year, the Department of Health and Wellness sets standard accommodation charges for long-term care homes. These rates are based on average operating costs. Residents are notified of their accommodation charges at least 30 days before the effective date.

Please contact Continuing Care at 1-800-225-7225 for the standard accommodation rates or visit <http://novascotia.ca/dhw/ccs/long-term-care.asp> and click on the Home Care Fee Structure link.

Individuals who are able to pay the full standard accommodation charge are not required to undergo a financial assessment. These residents pay the standard accommodation charge and retain all remaining income and assets.

### **What if I'm not able to pay the full standard accommodation charges?**

If you cannot pay the full standard accommodation charges, you can apply to have your rate reduced by undergoing an income-based financial assessment.

As part of the financial assessment, you'll be asked to provide your income tax information (e.g. Notice of Assessment provided by Canada Revenue Agency) for the designated tax year. A financial assessment considers your net income as well as the income of a spouse, partner and/or dependent child. Long-term care residents are not expected to pay more than 85% of their assessed income toward accommodation charges.

The financial assessment does not take into account any assets you may have (e.g. house, car, etc.) nor will you be expected to sell your assets to pay for accommodation charges.

Financial reviews are conducted annually. You may also request a review at any time if your financial situation changes significantly.

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### **Will my spouse have money once I receive long-term care?**

If your spouse remains in the community when you enter a long-term care facility, he or she will be able to retain 60% of your joint family income and maintain control over all assets. To review your rate, please contact an Eligibility Review Officer. For further information, please visit <http://novascotia.ca/dhw/ccs/long-term-care.asp>.

### **What is involved in the income-based financial assessment?**

You will be asked to provide your income tax information (Notice of Assessment provided by Canada Revenue Agency) for the designated tax year. The financial assessment will look at your net income and account for a spouse or dependent child who lives in the community. Residents are not expected to pay more than 85% of their assessed income toward accommodation charges.

The financial assessment will not look at any of your assets and you will not be expected to sell your assets to pay toward your accommodation charge. The Department of Health and Wellness will conduct a financial review for you each year, or you can request a review at any time if your financial situation has changed significantly.

### **How much of my income will I be able to keep?**

As a long-term care resident, the Department of Health and Wellness ensures you keep some of your income to cover expenses after paying for long-term care. You'll retain at least 15% of your annual income. You will also have full control over the use and management of your retained income and all assets. For further information, please visit <http://novascotia.ca/dhw/ccs/long-term-care.asp>.

### **What is included in "net income?" Does it include my investments and savings accounts?**

Your net income amount is taken from your most recent Notice of Assessment issued by the Canada Revenue Agency. The income that will be considered in your financial assessment is derived from net income (line 236) minus taxes payable (line 435). Line 236 may include income from pension, employment, dividends, interest earned on investments, RRSPs, etc.

### **Will the value of my house and other assets be considered in determining the amount I pay for long-term care?**

No. Assets are not included in the calculation.

**For more information about long term care fees  
or any provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: [www.gov.ns.ca/health/ccs](http://www.gov.ns.ca/health/ccs)

*This Fact Sheet is one of a series that describes the Continuing Care services funded by the Province of Nova Scotia and delivered through the Nova Scotia Health Authority.*

## **Fact Sheet 10: Specialized Equipment for Long Term Care Residents**

The Department of Health and Wellness makes the Specialized Equipment program available to all residents in nursing homes, residential care facilities and community-based options. The program is operated by the Canadian Red Cross.

### **What kind of equipment is available?**

Some types of specialized equipment include: positioning chairs, specialized mattresses and beds, custom wheelchairs and more. Equipment can be modified to meet individual needs. The equipment remains the property of the Canadian Red Cross and residents will return it when it is no longer required.

### **How do I get specialized equipment for my family member?**

If the person is living in a Department of Health and Wellness long term care facility, you should ask facility staff to talk to a care coordinator from the Nova Scotia Health Authority (NSHA) about specialized equipment needs. You can also call the Continuing Care program directly and ask for a specialized equipment assessment (1-800-225-7225).

### **Will this cost anything?**

There may be a fee for specialized equipment. The fee will be based on your income and the type and number of pieces of equipment you need. The Red Cross will collect fees monthly.

### **For more information about the Specialized Equipment Program or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free) If you can't get through right away, please try again. For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/long-term-care.asp>

## Fact Sheet 11: Adult Protection

Adult Protection is a provincial service that protects people who are 16 years and older who *cannot protect themselves* from neglect or abuse. Adult Protection refers people for services, which may include home care or placement in long term care facilities.

Adults in need of protection have *permanent physical or mental conditions* that prevent them from:

- providing themselves with essential daily needs, such as feeding, bathing, etc. *and* they do not receive adequate care; or
- protecting themselves from neglect or abuse.

### **When should I call Adult Protection and when should I call the police?**

If you feel the person's life is in danger, call 911 right away.

If you believe that someone is being neglected or abused, report it immediately to the Department of Health and Wellness by calling 1-800-225-7225.

Adult Protection responds to the protection needs of vulnerable adults but does not address the abuser. Abusers may be dealt with through the criminal justice system.

### **How do I report a suspected case of adult neglect or abuse?**

If you know of an adult in need of protection, you **must** report it immediately to the Department of Health and Wellness by calling 1-800-225-7225. Under law, everyone must report suspected abuse or neglect of vulnerable adults, even if the information is confidential or privileged.

### **What happens when I report a suspected case of adult neglect or abuse?**

The referral will be assigned to an Adult Protection worker for further investigation. If they find that the adult needs protection, they will refer them for services to ensure their safety.

**Does Adult Protection only deal with reports of seniors' abuse?**

The majority of Adult Protection investigations are linked to reports of self-neglect or abuse of senior citizens. This is because the seniors' population tends to experience higher rates of physical or mental conditions (such as dementias or mobility issues) that sometimes make it difficult for them to protect themselves.

However, Adult Protection also gets involved in situations with younger adults who have similar, permanent conditions that do not allow them to provide for their essential daily needs or protect themselves from abuse. Conditions such as limited mobility (e.g. someone who is paraplegic) or mental challenges may mean that they need to be protected.

**For more information about Adult Protection  
or any other provincial continuing care service:**

Phone: 1-800-225-7225 (toll free)

If you can't get through right away, please try again.

For those who leave recorded messages, staff will return all calls as soon as possible.

Website: <http://novascotia.ca/dhw/ccs/protecting-vulnerable-adults.asp>