

What is Home Care?

Home Care is available to all Nova Scotians who need help with care in their homes and communities. This service is offered through local Continuing Care offices in each health authority (and by the Nova Scotia Health Authority after April 1).

Home Care Services supplement the help people already receive from their family, friends or community. Through Home Care, people are able to remain as independent as possible by staying in their home and community. It is always the first option for care in the community.

Home Care Services include:

- Home Support (such as personal care, respite and essential housekeeping)
- Nursing (such as dressing changes, catheter care, intravenous therapy and palliative care)

How do I access Home Care?

You can speak to someone about Home Care by calling Continuing Care at the toll-free number, **1-800-225-7225**. If you require an assessment for Home Care, a Care Coordinator will arrange a time to meet with you to complete the assessment. The assessment will determine what care services you are eligible to receive based on your needs. Home Care adds to the help you currently have in your community. It does not replace existing care.

How much does Home Care cost?

Home Care costs are based on your income and the type of services you need. Some services, such as nursing, are free. A Care Coordinator will confirm costs during your assessment.

Will someone check in on me while I receive Home Care?

A Care Coordinator will check in with you and your caregivers/service providers on an ongoing basis. If your needs change, your services will change to reflect your Home Care needs. Care Coordinators can also connect you with programs in your community that offer additional supports. Some examples are meal programs, Adult Day programs and foot care clinics.

Will I have to wait to get service?

Every effort is made to provide the services you need quickly. Sometimes the demand for Home Care is so great in some areas, you may be placed on a wait list. If you are placed on a wait list, your Care Coordinator will keep you informed of your status. If your situation changes while you are on a wait list, you will need to let your Care Coordinator know so your needs can be updated.

What if my needs exceed what Home Care can provide?

You may need to consider other service options. A Care Coordinator can help with these decisions, including determining whether long-term care is the right option for you.

To learn more about Home Care and to arrange for a Care Coordinator visit, please call Continuing Care toll-free line at **1-800-225-7225**, or visit the Department of Health and Wellness website at **novascotia.ca/dhw/ccs**.

