

## NAVIGATING THE SYSTEM: WHAT YOU SHOULD KNOW

### YOUR MOTHER OR FATHER CAN NO LONGER LIVE ALONE, WHAT NOW?

The first step is to contact the CLSC to have your parent evaluated to determine the level of care required. If your parent is at a hospital, the hospital social worker can also do the initial evaluation. The social worker will fill out the proper forms requesting suitable accommodation based on the care required and the facility of choice. Once determined, the person is put on a waiting list.

### IT'S BEEN A FEW WEEKS SINCE THE APPLICATION, WHAT KIND OF FOLLOW-UP CAN BE DONE?

It is important to note that Maimonides does not make any decisions regarding admissions. All decisions are made centrally by the Agency of Health and Social Service. Follow-up should be made directly to the social worker who completed the initial evaluation. The social worker can be contacted for news about the application process.

### HOW LONG IS THE WAIT?

Once accepted, the current wait time for a long-term care accommodation at Maimonides can vary from a few months to a year. The wait time for Accredited Homes and Intermediate Resources ranges from a few days to two years depending on the resource. Respite does not usually have a wait, but if you need a very specific date, book early to ensure a place.

### HOW TO PREPARE FOR ADMISSION?

It is important that the person who is moving is made aware of the impending admission. It is generally recommended that the client be informed before the move, even if they are cognitively impaired. Families should be advised to avoid false

explanations to their loved ones regarding the move, i.e. "You will be going for a doctor's visit." Monthly tours of Maimonides are also available. A visit can be arranged to an Accredited Home or Intermediate Resource.

### AN ACCOMMODATION IS READY. WHAT NEXT?

When a place actually becomes available, the social worker will let the client know. Due to the shortage of accommodations, the client/family has 24 hours to accept this place. The move to Maimonides has to take place 48 hours from the time the social worker calls. This period is especially stressful. Members of our interdisciplinary team can provide support during this time of adjustment. If you feel you are not ready to move, the space can be refused. Maimonides will delay 30 days and then make contact again when the next place becomes available. If the client is still not ready to come, their file will be closed; a new request will need to be made if the situation changes.

**If you require further information,  
please contact the Maimonides Admissions  
office at (514) 483-2121, ext. 2249.**



## WHEN A PERSON CAN NO LONGER LIVE ALONE

## HOW TO GET INTO MAIMONIDES AND ITS COMMUNITY RESOURCES



**MAIMONIDES GERIATRIC CENTRE**  
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The decision for an older person to move to a long-term care facility is one of the most difficult decisions a person or their family has to make. There are many housing options, overseen by Maimonides Geriatric Centre, available for Montreal's seniors who are no longer able to live alone. Each option provides different levels of accommodation, care and support.

Maimonides oversees the Helen and Sam Steinberg Day Hospital, short-term respite stays, accredited homes in the community, Intermediate Resources and a 387-bed long-term care facility.

## HELEN AND SAM STEINBERG DAY HOSPITAL

The Helen and Sam Steinberg Geriatric Day Hospital is a short-term outpatient program that provides bilingual services for seniors who are experiencing a loss of autonomy and who require treatment and rehabilitation. Potential clients may have a recent loss of autonomy

in activities of daily living, mobility problems and falls or pain resulting in decreased mobility. The government-regulated cost of \$7 per day includes transportation and a meal.

### ACCESS

In order to qualify for the Helen and Sam Steinberg Geriatric Day Hospital, clients must have rehabilitation potential and/or the possibility of stabilizing their condition. To access the Day Hospital, a professional in the health-care and social services network may refer an individual to the program by completing the "réf rence inter tablissement" form, accompanied by pertinent documents if available (medical, occupational therapy, physiotherapy and laboratory results). The Day Hospital will then follow up with an assessment to see if the candidate is suitable for the program.

For more information, contact the Helen and Sam Steinberg Geriatric Day Hospital (514) 483-2121, ext. 2310.

## SHORT-TERM RESPITE STAYS

Caregivers experience tremendous levels of stress and may need a break. For example, if you have been taking care of your husband who has Parkinsons at home for the last two years and you want to take a vacation or just need to recharge your batteries, Maimonides offers short-term relief. Six private rooms at the Centre are designated for respite care for 2-4 week stays at a government regulated cost of \$8 per day. Caregivers are entitled to 8 weeks of respite a year. It is important to note that this time may be booked in advance, for instance, to attend an out of town wedding or bar mitzvah.

## ACCREDITED HOMES/ INTERMEDIATE RESOURCES IN THE COMMUNITY

Accredited homes are supervised home-like living environments for seniors who require assistance with their activities of daily living. Accredited homes are often the first stop for seniors who can no longer care for themselves in their own home. A maximum of nine residents are accommodated per home; meals, laundry and assistance with personal hygiene is provided and home-managers live on site.

Intermediate Resources are the next step in the continuum of care. Maimonides has formed partnerships with Lev-Tov Seniors Residence and Maison Paternelle/Batei Avos as Intermediate



Resources. They are ideal for people who can no longer live independently or in an Accredited Home and do not require the higher level of care that is provided at Maimonides Geriatric Centre. For information about the Accredited Homes or Intermediate Resources, or to arrange a tour you may contact (514) 483-2121, ext. 2211.

## MAIMONIDES GERIATRIC CENTRE

Maimonides Geriatric Centre is a McGill University affiliated 387-bed long-term care facility that provides service to the aging members of the community who are no longer able to function independently or in any of the other Community Resources. Candidates usually require more than 3 hours of care per day. Over 80% of residents suffer some cognitive loss.

### ACCESS

Access to the Respite program, Accredited Homes, Intermediate Resource or Maimonides Geriatric Centre is made through your local CLSC or hospital social worker. The Social Worker fills out the request using the appropriate form and sends it to the Health and Social Services Agency. The decisions are made at the Agency regarding the appropriateness of the request and the resource that best responds to the need. The Agency coordinates all admission information and advises Maimonides of the admitting information.