



Resident and Family Guide

🐾 Davis Centre 🐾 Malton Village 🐾 Peel Manor 🐾
🐾 Sheridan Villa 🐾 Tall Pines 🐾

Move-In Day

Welcome! We understand that moving into a long-term care centre is a big life change. We would like to help reduce your stress by letting you know ahead of time what you can expect on move-in day.

We ask that you arrive at _____.



Please go to the Business Office when you arrive. A staff member will greet you and take you to your room.

Please bring the following items
(if you did not already bring them to the preadmission meeting):

- Notice of Assessment from Revenue Canada from previous taxation year, if you are applying for subsidy for the basic room accommodation
- Void cheque for electronic banking
- Blank cheque to pay for the first month and set-up a trust account
- Original Power of Attorney for Personal Care
- Original Power of Attorney for Finances
- Health Card
- Social Insurance Card
- Current list of medications from your pharmacy or facility you are coming from
- Relevant medical documents, i.e., health files from all health care providers and information about scheduled appointments or tests that have been arranged with other health care providers
- Residents are encouraged to receive a yearly Influenza vaccination and to have had a Pneumovax vaccination and tuberculosis immunization. Please have the dates when you received these vaccinations available for the nursing staff.
- Emergency Contact Numbers (home, business, cell)

If you or a family member attended the preadmission meeting:

- Please complete any necessary paperwork that was not completed during the preadmission meeting.
- Please leave all clothing in your room to be picked up for labelling.
- You can start bringing your belongings to your room after you have checked in at the Business Office. Please have staff check the items to ensure they meet safety requirements.
- Two family members are welcome to stay for a complimentary lunch.



If you or a family member did NOT attend the preadmission meeting:

- Please ensure that a family member is able to stay with you for approximately 4 hours. During this time your family member will meet with staff to help us better understand your needs and to complete all the necessary documents including:
 - Resident Agreement and necessary consents
 - Nursing forms and necessary consents
- Please leave all clothing in your room to be picked up for labelling.
- You can start bringing your belongings to your room after you have checked in at the Business Office. Please have staff check the items to ensure they meet safety requirements.
- Two family members are welcome to stay for a complimentary lunch.



Resident and Family Involvement



Resident Council

A Resident Council is a group of residents who meet monthly to discuss issues of interest regarding the long-term care centre they live in. Each resident is encouraged to become a member and participate in the monthly meetings. Minutes are taken and posted on the centre's Resident Council bulletin board.

The goal of Resident Council is to safeguard the rights, respect, dignity and quality of life of residents at the centre. The Resident Council gives members the opportunity to contribute to the management of the centre by offering suggestions and recommendations about the functioning of the centre. The date and time of Resident Council meetings is on the centre's monthly activity calendar.

We invite you to come and be involved!



Family Council

Family Council members work to enhance daily living and improve services for the centre's residents. Like our Resident Council, feedback from the Family Council helps our long-term care team make sure our services and programs are well suited to residents' needs. Family Councils are also a way for families to give each other the support, encouragement and information they need.

Everyone is welcome to attend!



Moving in to Long-Term Care



We understand it is often a difficult decision to move to long-term care. At this time in your life you may have suffered significant losses, such as declining health or the death of a spouse. You might feel sad or depressed. Your family may also be experiencing difficult emotions as they prepare for this move. There are many things you, your family and staff can do to reduce this stress and help make your move a positive one. If you feel anxious about any aspect of your care or adjustment to long-term care life, please talk to the staff. A Social Worker is available in some of the homes to provide support during this time. After the initial period of adjustment, most residents adjust well to life in long-term care. With some preparation and a calm, positive outlook, we hope this transition will be a smooth “easing in” process for you and your family.

Moving into a long-term care centre is a three-part process:

**Preparing for the Change,
Moving In, and Settling In**



Preparing for the Change

- Be involved in decisions related to your move. For example, choose the personal items you want to bring, or make a list of people you would like to notify of your new address.
- Talk openly about the upcoming move with your family. It can be very helpful for you and your family to talk about your feelings and what this move means for each of you. If you are feeling sad, angry or afraid, talk with your family so they can listen and support you.
- Focus on the positive. This move may provide an opportunity to form new

friendships. There will also be opportunities for you to be involved in recreational programs and activities at the centre.

Moving In

- Decorate the room and make it feel like home. On moving day, bring small favourite items, such as pictures, a television and knick-knacks. Once you're settled, if you would like to bring a large item (i.e., a chair), please ensure the item is approved by the Facility Services staff or Director of Care prior to having the item brought to your room. You can reach these individuals at ext. _____.
- Make sure you have enough clothing, especially underclothes, stockings or socks and grooming products. People feel better able to cope when these items are in good supply. Clothing suggestions are noted in this brochure.

- ❑ Get to know the staff and residents.
Talk to the staff about your likes, dislikes, routines and any other information that will help us make you feel more comfortable. Introduce yourself to other residents.

Settling In

- ❑ There will be a period of adjustment. Getting used to the new environment can take from six weeks to six months or sometimes longer. We encourage you to make friends and be involved in activities. Your family is welcome to join in the social and recreational activities at the home.

- ❑ Continue making decisions and maintaining a sense of control. For example, continue being involved in decisions related to your health and personal care.
- ❑ Encourage your family to visit often, especially during the early days and weeks. Even a short visit can provide valuable reassurance and support for you.

Other Important Information



Attending Physician

Medical services will be provided by one of the centre's attending physicians. Community family physicians may continue providing care if they meet specific requirements. Your assigned doctor is Dr. _____.

Eyeglasses, Dentures, Hearing Aids

It is the responsibility of you and/or your family to ensure that eyeglasses, dentures and hearing aids are professionally marked with your name prior to moving in. Please note the centre is NOT responsible for the replacement of clothing, dentures, eyeglasses or hearing aids.

Care Conferences

You and your family will be contacted within six weeks for a resident care conference. This will be a formal opportunity to meet with the care team. Please do not wait for a formal meeting to ask questions or discuss concerns. Speak with staff right away so your questions or concerns can be addressed.

Meals

Family members are welcome to purchase a meal ticket from the Business Office if they would like to share a meal with you. Please have your family/friends check with the registered nursing staff before bringing in food from their home or community.

Personal Belongings

You may bring in personal items as space permits. We encourage you to make your room as home-like as possible. We recommend that valuables be left at home and cash be deposited into your own trust account in the Business Office. All electrical items must be checked and approved by maintenance prior to being used. You can call them at ext. _____.

Clothing Suggestions

The following list may be of assistance to you when deciding what clothing to bring. Clothes should be machine-washable and dryable. Open-backed clothing may be appropriate if you have limited mobility. Please only bring clothing appropriate for the season, since closet and dresser space is limited. All labelling and laundry is done by the centre at no extra cost.

Female Clothing

| | |
|----|-----------------------------------|
| 6 | 6 dresses and/or slacks and tops |
| 2 | 2 housecoats |
| 5 | 5 nightgowns/pyjamas |
| 2 | 2 sweaters/cardigans |
| 3 | 3 bras |
| 10 | 10 pairs of pantyhose/socks |
| 10 | 10 pairs of underwear |
| 2 | 2 pairs of shoes (flat, non-slip) |
| 2 | 2 pairs of slippers (non-slip) |

Male Clothing

| | |
|----|---|
| 6 | 6 pairs of trousers or jogging-type pants |
| 6 | 6 shirts/t-shirts |
| 6 | 6 undershirts |
| 2 | 2 sweaters/cardigans |
| 2 | 2 belts or suspenders |
| 5 | 5 pairs of pyjamas |
| 2 | 2 housecoats |
| 2 | 2 pairs of shoes (non-slip) |
| 2 | 2 pairs of slippers (non-slip) |
| 10 | 10 pairs of socks |
| 10 | 10 pairs of underwear |

TV/Cable/Internet

Each resident room has a television outlet for cable television. If you would like this, please contact:
Rogers: 1-888-764-3771

If you would like to have an individual telephone line and/or Internet, please contact:
Rogers: 1-888-764-3771
Bell: 905-310-2355

(Note: For the Davis Centre, please enquire at the Business Office.)





**Peel
Long Term
Care**
A Tradition of Caring



For further information, please contact

at ext. _____.