

# Convalescent Care

## Information for physicians, patients and families

### What is the Convalescent Care Program?

Following surgery or serious illness, you may no longer need in-hospital care but you may not be ready to return home safely.

The Convalescent Care Program provides 24-hour care to people who require specific medical and therapeutic services in a supportive environment. The program will help you recover your strength, energy and functioning before returning home.

### What services are provided?

#### Convalescent care offers:

- A customized care plan designed to help you regain your strength and independence.
- Medical and therapeutic support.
- Guidance to help your family and caregivers support you most effectively.

### Is Convalescent Care for me?

#### You may benefit from convalescent care if:

- Your condition is medically stable and you do not need to be in the hospital.
- You require a temporary stay while you regain strength and independence prior to returning home.
- You are motivated and capable of participating in therapy programs.
- You are at least 18 years of age.
- You have a valid Ontario Health Card.

The Convalescent Care Program is intended for people who require temporary supportive and rehabilitative care.



It is not intended for people requiring complex continuing care or palliative care, or those seeking permanent placement in a long-term care home. If you are not eligible for the Convalescent Care Program, your care coordinator will help you explore alternate options.

### How do I access Convalescent Care?

Your doctor, nurse practitioner, hospital staff or care coordinator will discuss your care needs and how it can be met through the Convalescent Care Program, and make the referral. Applications are arranged through Ontario Health atHome.

Based on your individual needs, you will receive care from a multidisciplinary team of doctors, nurses and therapists.

## Where is the Convalescent Care Program delivered?

The Convalescent Care Program is delivered through long-term care homes that have:

- Met provincial standards for providing specialized care.
- A core team of professionals providing specialized care services to convalescent care patients.
- Proven experience in delivering quality health and personal care.
- Appropriate supplies and equipment.
- Rooms designed to give you privacy, rest and comfort.

## How long will I stay?

The typical length of stay in the Convalescent Care Program is 45 to 55 days.

## How much does it cost?

The Convalescent Care Program is funded by the Ministry of Long-Term Care. The program is free for eligible patients.

You will be responsible for the cost of services such as telephone and television, transportation to and from medical appointments, and co-payment for medications.

## Is equipment provided?

Long-term care homes will provide basic equipment needs. Some patients may be asked to rent specialized equipment or equipment that will be required in the home upon discharge. Patients are also asked to bring any equipment that they own and are presently using (cane, walker, wheelchair, etc.).

## What happens when I am ready to return home?

When it is time to return home, your care coordinator will conduct a personal health assessment and help you arrange community services, as necessary.

## Contact Information

If you have any questions regarding this service please contact: 1-833-515-1234 • [ontariohealthathome.ca](http://ontariohealthathome.ca)