

# Home Care

---

## Introduction

We provide health and support services for people of all ages and their families to help be discharged from hospital or to remain in their community. Our services depend on your assessed care needs and are reviewed on a regular basis. The goal is to promote your independence, which may mean reducing or discontinuing our services. These services are a complement to the support of your family, friends, neighbours and others in the community.

We visit you in your home or in the hospital to determine your eligibility to receive services.

## Service Fees

Fees are set by the Ministry of Health for Home Care services and meal services. Depending on your income, you may qualify for a subsidy that can reduce your monthly charges. It is your responsibility to pay your monthly home care bill on time.

## Back up Caregiver

All clients require a backup caregiver. A backup caregiver is a person who provides care and/or who arranges for the client to receive care in the event that Home Care is temporarily unavailable to provide service.

## Primary Health Care Assessment, Discharge and Support Services

### **Assessor Coordinator**

An Assessor Coordinator will work with you to assess your health and related social needs, and develops a care plan with you. The Assessor Coordinator provides case management services on a short term or long term basis depending on your assessed needs.

### **Nursing Services**

These are provided by a team of Registered Nurses (RN) and Licenced Practical Nurses (LPN). Services include:

- Wound care and prevention of wounds
- Medication management
- Intravenous therapy
- Diabetes education
- Tube feeding
- Ostomy care and catheter care

### **Home Services**

These are provided by a team of Continuing Care Assistants (CCA). Services include:

- Dressing, light grooming and bathing
- Light meal preparation
- Medication Assistance



**Occupational Therapist (OT)**

Assesses your equipment needs to ensure your home is accessible and safe.

**Physical Therapist (PT)**

Assesses, plans and monitors your physical therapy programs

**Social Work**

Support is available for clients dealing with anxiety and depression in a community group setting or on an individual basis.

**Meals on Wheels**

Ready to eat, hot meals delivered to your door by a volunteer up to 5 days a week (based on your assessed need)

**Frozen Meal Service**

Meals can be heated in a microwave or regular oven. Meals are delivered by courier service and can be ordered through REACH by calling 306-347-3224

**Volunteer Services**

Volunteers help clients to maintain independence in their own homes. A variety of services are available based on your assessed need including:

- Sitter services
- Tele-friend
- Volunteer Drivers

**Palliative Home Care**

These services are available for both urban and rural. For more information on this program, please call 306-766-2674.

**Home Care Locations and Contact Information**

Regina  
4211 Albert Street  
(306) 766-7200

Balcarres  
(306) 334-2634

Broadview-Whitewood  
(306) 696-2500

Fort Qu'Appelle  
(306) 332-3306 or  
(306) 332-3307

Indian Head-Montmartre  
(306) 695-4000

Raymore-Lestock  
(306) 274-2034

Wolseley-Grenfell  
(306) 697-4045

Mossomin-Rocanville  
(306) 435-3888

