

Success at home

Examples of **Home First** extra help and support:

- Help with personal care and/or medications
- Recommend and coordinate needed equipment
- Offer options to family caregiver for relief or respite
- Therapy from a physiotherapist and/or occupational therapist
- Support from a social worker
- Care from a nurse for such things as bandage changes or monitoring your health
- Visits and phone calls to check with you to see how you are managing at home
- Refer to other community services as needed

More about Home First

For more information about **Home First**, speak with your Care Team.

Contact person	_____
Title	_____
Telephone	_____
Home Health Office	
Telephone	_____

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca



Home First

When you need long-term care

Helping you wait at home instead of in the hospital



What is Home First?

Home First is a special way of helping seniors currently in the hospital whose higher health care needs would normally mean a move to long-term care.

We offer extra help and support in the home to those seniors who are likely to qualify for long-term care, allowing them to stay at home. As health care needs change, moving to long-term care could still become an option.

Since 2012, our **Home First** initiative has successfully helped frail and at-risk seniors stay safely at home while they wait for long-term care.

How can Home First benefit me?

You are more likely to feel better and recover quicker at home.

You are less likely to be exposed to the many germs in hospital.

You can stay home as long as you are safe.

If you can no longer stay safely at home with this extra help, you can move to long-term care.

How does Home First work?

We start planning for you to go home as soon as possible.

Hospital staff focus on getting you well enough to go home.

Once extra help from Home Health and other community services have been organized and you are well enough, we work with you to get you home and safely stay home.

We arrange for follow-up visits in your home to make sure you continue to manage your health conditions and limit the need for hospital visits.

Every person's care journey is different. For some, emergency or hospital care might be the service that best meets their care needs. The goal would be to return home again with support.