

What if I am in the hospital?

If you are in the hospital, your care team will help you create a plan to safely return home.

Once home and you have had a chance to recover from your hospital stay, a Home Health Professional will visit you in your home to better understand your care needs and help make sure your care needs are met.

How can I get the advice I need?

If you are a Home Health client, call your local Home Health office.

Abbotsford	604-556-5000
Agassiz	604-703-2035
Burnaby	604-918-7447
Chilliwack	604-702-4800
Delta - South	604-952-3552
Hope	604-860-7747
Langley	604-532-6500
Maple Ridge	604-476-7100
Mission	604-814-5520
New Westminster	604-777-6700
Surrey/North Delta - Gateway	604-953-4950
Surrey - Newton	604-572-5340
TriCities	604-777-7300
White Rock	604-541-6800

Otherwise, call our Home Health
Service Line: 1-855-412-2121

Let us help you plan your Health Care Journey

Your Home Health Professional helps guide you through all the options.



www.fraserhealth.ca

This information supports the conversation with your Home Health Professional.

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For more copies: patienteduc.fraserhealth.ca

Think You — or your loved one — Need Long-Term Care?

Let's explore
your health care journey



Your Home Health Professional Team
is available to help!



Many people think that if or when they have trouble caring for themselves at home, the only option left is to move into long-term care. Not true!

Long-term care is not a housing option. It is a service for people with complex medical and/or physical conditions (with or without dementia), who:

- have tried all appropriate home and community supports available and cannot manage
- need access to 24-hour nursing care

There are a number of other options available to help you maintain your health at home, safely return home after a hospital stay, and/or delay moving into long-term care.

To learn more about options available to you, call:

Home Health Service Line
1-855-412-2121

What are my options?

There are things you can do on your own, resources in the community, and Fraser Health resources, such as:

- **Household Support** to help you with tasks (such as light housekeeping or transportation to appointments) which you can get from community organizations such as 'Better at Home' or private pay services.
- **Lifeline** is a personal alarm service that helps you remain safe at home (subsidized by Fraser Health).
- **Day Programs for Older Adults** offer recreational activities and lunch (a Fraser Health community program). These programs get you out of the home as well as give your caregiver a break for a few hours.
- **Prepared Meals and Meal Delivery Programs** are great for those who find cooking a challenge.
- **Renovate** your current home to make it safer for you. Grants are available – Call 2-1-1.
- **Downsize** to a smaller home, share a home, or move to an independent or assisted living home.

What if I am not sure what help I need?

A Home Health Professional can assess your care needs to see if you can be safely supported at home or need access to nursing care 24-hours a day.

- If the Home Health Professional determines you can be safely supported with resources in your home and community, they work with you and your family to explore appropriate options.
- If you can no longer be supported safely at home, your Home Health Professional will consult the healthcare team and review your situation to determine if you qualify for subsidized long-term care.
- If you qualify for long-term care, you can choose the geographic area where you prefer to live. When it is available, we will offer you the bed that matches your specific care needs in your preferred geographic area or in the next closest area.