



# After GF Strong: Care Options

# Introduction

- Do you know if you'll need care at home?
- What do you know about the different care options available?

1 - don't know anything

10 – well informed

Most people don't know what the options  
are

# Objectives

- What are the different personal care options available
- How do you decide which option best meets your personal care needs
- Where do you find information about the different personal care options
- Who do you talk to about your care needs before and after discharge

# What's best for me?

- Depends on:
  - Level of injury
  - How much care you need
  - Complexity of care (vented? trached?)
  - Where you live (urban? rural?)
  - Comfort directing care
  - Funding (ICBC? WorkSafe?)
  - Family support
  - Housing

# Making the transition

- You need to become the expert in your own needs and be able to teach others:

THIS IS WHAT REHAB IS ALL ABOUT!

- Directing care/ teaching people your needs
  - It's a skill
  - Practice makes perfect
  - Pay attention to nursing care here & ask questions

# Independence and care:

- Accepting help can provide:
  - optimal independence
  - more flexibility and freedom
- Think about what you want to use your energy for:
  - Getting dressed? Showering? Working? Being with your kids?
- We use many other services (e.g. car mechanic)
  - attendant care is just another service
- Hang on to activities that matter to you. Delegate ones that don't.
- You're still in charge.

# But my family can provide care...

- Most people prefer to have someone not related provide care
- Can put stress on relationships if your partner/child/spouse is providing care
- Your partner is still your partner...not your caregiver
- Family as backup, emergency care, can augment the home support hours

# Care options: health authority



# Private Agencies

- Depending on your personal finances it may be more beneficial to use a private health-care agency or hire private care givers
- Your SW will provide you with a list of private agencies and other resources
- Even if you are on agency home support (or CSIL) can always hire privately

# Over-Seas Caregivers

- Can work with agencies who bring overseas caregivers over to Canada
- Private pay option for care
- Can be live in: need own living space
- You negotiate the terms of the work, pay, scheduling, etc...

# Government home support

- Generally provide up to 4 hours of care per day (120 hrs per month)
  - There may be exceptions (negotiated)
- *What are the challenges?*
  - Limited flexibility (times available)
  - Will have many different care aides to train
  - Provide personal care only

# What about the cost?

- There **may** be costs for care – talk to Social Work or Transitional Services
- Depends on:
  - If you have third party funding e.g. I.C.B.C or Worksafe
  - your income



# Agency home support

- *What are the benefits?*
  - agency has the care aides
  - agency does the payroll and scheduling
  - agency does the training of the workers **together with you**
  - generally agencies have back-up care available (worker is ill, weather)

# What can agency home support workers do?

- Grooming and personal hygiene
- Assisting with meals
- Bathing and using the toilet
- Getting out of bed, getting dressed
- Range of motion/ stretching exercises
- Limited housekeeping (only if related to care)

# What can't agency workers do?

- Housekeeping only
- Cut toenails
- Be in your home without you there
- ICPs
- disempaction
- Pet care
- Yard/home cleaning

# ECPM

- **Enhanced Consumer Participation Model**
- **You find a caregiver(s) that is able to provide your care and willing to be hired by an agency in your area**
- **Will work for the home care agency but the worker will be assigned to you**
- **ONLY OFFERED IN VANCOUVER AREA**

# What is CSIL?

- Choice in Supports for Independent Living
- “self-managed model of care”
- You receive funds directly from health authority to purchase home support services
- These funds are based on the hours of personal care needed
- You have to manage and coordinate all home support services
- Typically require more than 4hrs of care a day or live in a rural community with limited services

# CSIL: Home support workers

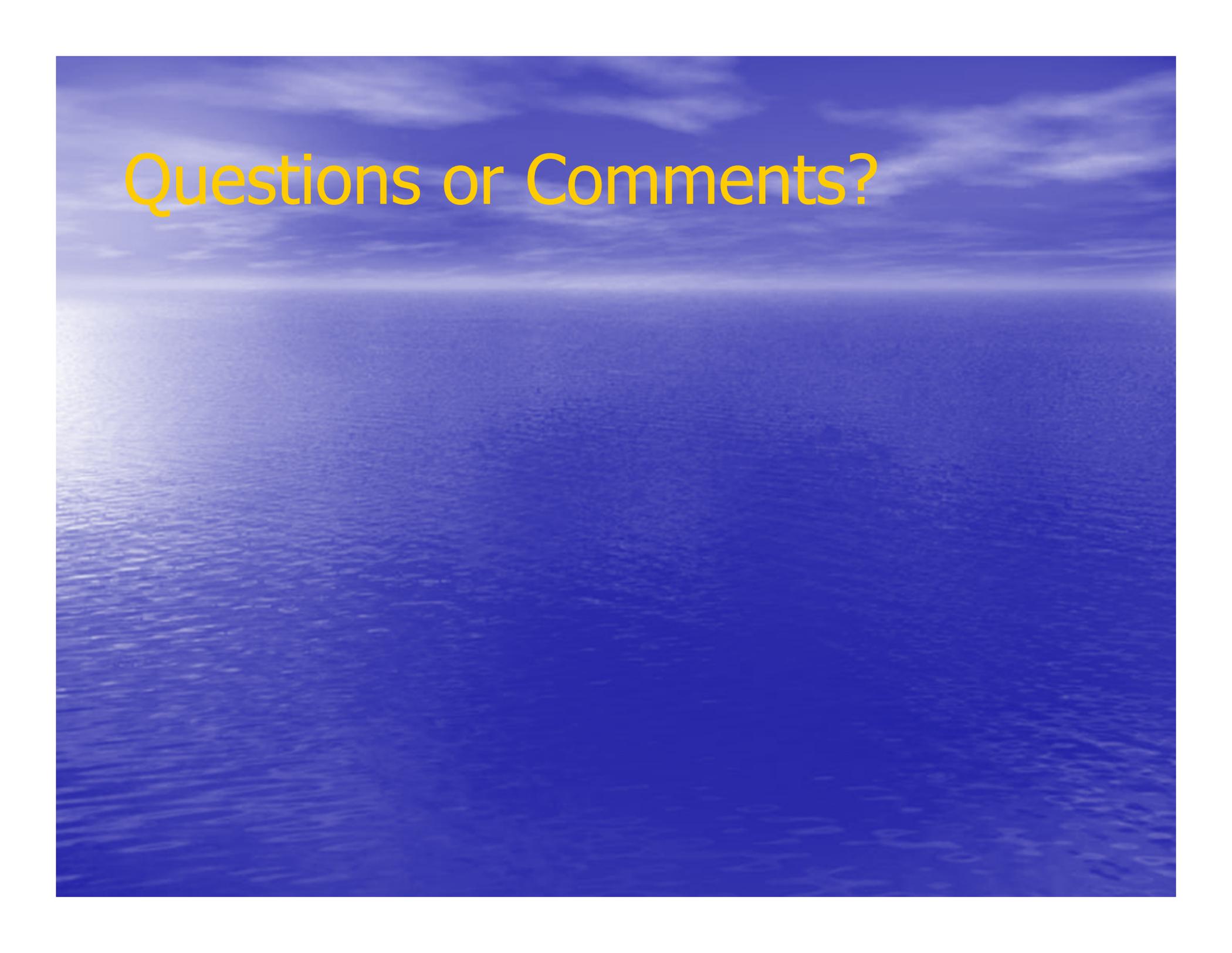
- You have full responsibility for home support workers :
  - Recruiting
  - Hiring
  - Training
  - Scheduling
  - Supervising

# Where to get more info:

- Other people with disabilities (your peers)
- Social worker, rehab team
- Transitional services
- Disability organizations
  - BCPA (web site), BCCD (Coalition of Persons with Disabilities)
- Community case manager
- Internet

# Discussion Question:

- What do you think, are the best care options for you?
- Pros and cons of each option?



Questions or Comments?