

There is no place like home

When you are ill or injured RVH is there to care for you. However, when you no longer need our specialized acute services, your ongoing healthcare needs and recovery are best met at home where you are more comfortable and will recover more quickly.

That is why RVH embraces the Home First philosophy, which is about making every effort to support patients so they can return home safely with appropriate supports.

From the moment you enter our health centre, doctors, social workers, discharge planners and everyone else involved in your care will be putting your needs and goals first and asking, *"What can I do to help this person return to their home?"*



In-home supports available

- Nursing
- Personal Support Worker
- Physiotherapy
- Occupational Therapy
- Social Worker
- Nutritionist
- Speech Pathologist
- Respiratory Therapy
- Medical supplies and equipment
- Care coordination

For more details and full list of support available go to:

nsmhealthline.ca

Call: 310-2222
(No area code required)

Information for patients and families



RVH
Royal Victoria
Regional Health Centre

 **Ontario**
North Simcoe Muskoka Local
Health Integration Network
Réseau local d'intégration
des services de santé de
Simcoe Nord Muskoka

Home First

Because there is
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The Home First goal

The goal of Home First is to help you access the supports you need to safely return home after you are discharged from hospital and before you are assessed for, or admitted to another care setting.

Home First means we will work with our community partners to ensure you get the support you need to return home after your hospital stay.

Being at home is better for you.

- You can recover in your comfortable and familiar environment with the support of family and friends, and have more time to make plans for future care.
- You are empowered to be a partner in your own healthcare.
- You reduce the risk of losing strength from lack of mobility in hospital and you are at reduced risk of contracting hospital acquired infections.
- You can continue to regain strength through participating in your usual activities.

Home First

What can you expect?

- From the day you arrive at Royal Victoria Regional Health Centre (RVH), your care team is planning for your safe return home. You and your family will be part of the decision-making as we focus on providing you with the right care, in the right place at the right time.
- If you are admitted your doctor, in consultation with your care team, will estimate your date of discharge. This will be written on the whiteboard in your room, so your entire care team can work toward preparing you for that date.
- Should your care needs change, your expected date of discharge may change too. Your care team will keep you informed of any changes.
- The focus will be on what you and your family needs most to help you go home after your hospital stay has ended. You can recover and recuperate at home and make any decisions about what is next in a comfortable and familiar setting.
- Your care team will work with you and your family to identify the supports you need and will make sure all necessary services are in place as soon as you are ready to go home.
- If your healthcare team says you could benefit from rehabilitation services or that you should think about long-term arrangements, you can still go home and wait for those arrangements to be put in place.

Mom is safe and happy at home

After a fall that kept Barbara in hospital, returning home wasn't thought to be possible if she didn't have 24-hour supervision.

"There were safety concerns, but our family knows Mom is fairly independent and would get better with supports to live at home," says Alison, Barbara's daughter and caregiver.

Kathryn Crites, Barbara's Care Coordinator provided by North Simcoe Muskoka Local Health Integration Network (LHIN)

Home and Community Care, understood the complexities of her care needs and created a care plan with Barbara, her three daughters and all members of her care team.

"It is important to be aware of each patient's unique challenges and know what they want to achieve," says Crites.

Today, Barbara is managing well at home with personal support, is closely connected to Kathryn, and weekly attends the VON adult day program.

"It was such a relief to our family when Mom got home from hospital and had her Care Coordinator in the morning to get her dressed and ready for the day, along with dinner and nightly supports with medication checks. Mom will need supports throughout her senior years. I hope when I am Mom's age, similar supports will be there for my sisters and I," says Alison.

