



Different Path Services

What To Expect from LTC Handout

So your family member has been accepted into the Victoria Chinatown Care Centre, and you are wondering what it will be like. This handout is designed to walk you through some of the things to expect for you and your loved one:

- Intake Process:
 - As you can expect, there is a process of gathering information about your family member. You likely feel you have been telling people over and over the same information, and you have. However, with Freedom of Information legislation, it is not as easy for information to get from the hospital to the Care Centre, as an example. So please bear with the process!
 - They will provide you with information about how the Centre runs. Mealtimes, activities, personal belongings, what visiting will be like. These things will all be explained.
- The Move
 - Generally, there is a time frame for a move into the home that is guided by availability at the Centre, as well as other logistical factors. When your family member does move in, it may seem it took a long time, or it was very rushed. This is sometimes how the medical system works.
 - You will be told what personal items to bring for your family member. Generally a few changes of clothes, pyjamas, slippers and toiletries. If your loved one enjoys a TV or radio, that would help them pass the time. Photos of family are wonderful reminders and provide a topic of conversation.
- Infection Control
 - As you are aware, Covid 19 changed a lot of things in medical settings. Many of them will likely remain in place. Hand sanitizer, wearing masks and ensuring you do not visit when you are ill are all safety precautions that are here to stay in our society. It is not unusual in flu season for guests to be restricted due to an outbreak. This is for the safety of the residents.
- Other Residents
 - You will meet the other residents right away. It will be clear to you that each resident is on their own journey with their care needs. Comparison is a natural tendency, but remember each resident has a different diagnosis and takes their journey in their own fashion.
- Meals

- Mealtimes are held at regular times, and everyone sits in the same place each meal. If your family member needs assistance with eating, that is a good time to visit and connect.
- What Happens Over Time
 - Generally, with medical conditions such as dementia there are periods of “plateau” where an individual is quite stable. With illnesses or falls, often there can be delirium, and then a decline in your loved ones abilities. Maybe they used to be able to walk with a walker, but over time require a wheelchair. It can be difficult to see in your family member, as well as in others in the home. This is part of the process.
- End of Life
 - Seeing other residents pass away can be difficult and hard on your family member. Celebrating people who pass away in an important way to acknowledge their life and impact on your family member. There is a lot of information on estate planning, medical advanced planning and end of life if you are interested.