

## Contact Numbers

### Home Care West

Weyburn	Ph: 306-842-6870	Fax:306-842-1919
Radville	Ph:306-869-2722	Fax:306-869-2562
Pangman	Ph:306-442-4722	Fax:306-442-4227
Bengough	Ph:306-268-2102	Fax:306-268-4339
Coronach	Ph:306-267-2233	Fax:306-267-2324

### Home Care South

Estevan	Ph:306-637-3630	Fax:306-637-2494
Lampman	Ph:306-487-2562	Fax:306-487-3103
Midale	Ph:306-458-2446	Fax:306-458-2764
Oxbow	Ph:306-483-5047	Fax:306-483-5178
Gainsborough/ Carnduff	Ph:306-685-2123	Fax:306-685-4636

### Home Care East

Arcola	Ph:306-455-2116	Fax:306-455-2119
Kipling	Ph:306-736-2913	Fax:306-736-8185
Stoughton	Ph:306-457-2686	Fax:306-457-2430
Wawota	Ph:306-739-3920	Fax:306-739-2105
Redvers	Ph:306-452-4021	Fax:306-452-3556

## A Word About Your Personal Health Information...

There may be instances when Home Care needs to collect, use, and / or disclose your personal health information.

You have the right to be informed about the anticipated uses and disclosures of your personal health information.\*\*

Home Care will take reasonable steps to inform you of the anticipated use and disclosure of such personal information.

**\*\*except in circumstances where the law requires or authorizes us to release your personal information e.g. reporting child abuse or certain communicable diseases.**

Please access the following link for more detailed information about the Health Information Protection Act (HIPA):

<http://www.qp.gov.sk.ca/documents/english/Statutes/Statutes/H0-021.pdf>



## Home Care

Regional Health Authorities offer Home Care services in Saskatchewan.

Services are provided based on assessed need and are intended to help people who need acute, palliative, and supportive care to remain independent at home.

Home Care is not intended to take over those things clients are able to do for themselves or to replace existing support.

### Purposes and Goals of Home Care Services

Purpose: "To help people who need assistance due to health problems and/or disabilities remain at home."

### Goals

- To teach self-care and strengthen abilities.
- To delay/prevent loss of abilities.
- To assist families and other supporters.
- To provide referral service to other agencies.

## **Services Available**

### **Case Management:**

Assessment is the process to determine eligibility for Home Care and ongoing coordination of services. A qualified Case Manager completes a comprehensive assessment to determine individual services required and to develop an ongoing care plan in collaboration with the client.

### **Nursing:**

Teaching self-care activities and monitoring procedures (e.g. blood pressure, blood sugar, pain management, bowel care), skin and wound management, medication supervision, specimen collection, special foot care, home intravenous programs and other procedures as suggested by a physician or applicable practitioner (e.g. Nurse Practitioner)

These services are provided by a registered nurse and/or trained staff under the supervision of a registered nurse.

### **Personal Care:**

Assistance with bathing, dressing, grooming, foot care and other activities of daily living. This service is provided by trained Continuing Care Assistants

### **Respite Care:**

In-home respite may be arranged for temporary relief for family caregivers to enable them to attend outings for short periods of time.

### **Homemaking:**

Assistance with laundry, house cleaning, meal preparation and other needs as assessed. Seasonal cleaning is not offered through Home Care.

### **Meals on Wheels:**

Nutritionally-balanced meals delivered to the client's home based on client need and availability of service in your area.

### **Volunteers:**

Volunteer services are available in some communities. Volunteers may provide such services as meal delivery, phone calls, errands, transportation, and friendly visiting.

### **Palliative Care:**

Palliative care is an approach that improves quality of life for clients and their families facing a life-limiting illness. If a client wishes to stay home, the palliative care team may provide care in their home.

### **Equipment:**

Clients may be able to rent some special needs equipment for short periods of time while waiting for their own to arrive (eg. walkers, wheelchairs, bath benches).

### **Home Care Fees:**

Home Care service charges are based on fees established by the Government of Saskatchewan. Services are government subsidized and do not reflect the true cost of providing the service. Additional subsidy may be available to clients based on their income.

Home Care nursing, assessment, and coordination services are free of charge to the client.

### **Who can receive Home Care Services?**

Any Saskatchewan resident may receive Home Care services (if requirements are met). Out-of-province visitors have access through special arrangements made between provinces.

### **Who can request service? How do I request service?**

Anyone can request Home Care Services, including the client, doctor, family member, or friend; however, the client must be aware and in agreement to Home Care involvement. Certain nursing services require a doctor's referral. A person can request Home Care services by contacting the appropriate Home Care office.

*Home Care is not intended to take over those things clients are able to manage for themselves or to replace existing support.*