



# Sunrise Update

FEBRUARY 28, 2017

**“All (long term care) programs are focused on ensuring the provision of services to make it the best possible care we can.”**

~ Bev Pacey, Director of Health Services Long Term Care (Central)

**“They (residents) are being listened to and we are getting very positive responses back from our residents and ultimately from our staff as well because it makes a difference to them.”**

~ Joanne Bodnar, Director of Integrated Health Services (North) commenting on Purposeful Interaction

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## When is the Right Time for Long Term Care?

Sunrise Health Region operates 13 long term and special care homes, in communities throughout the region. These care homes have, for many years, provided a home-like atmosphere for those no longer able to completely look after their own needs.

One of the biggest questions that faces many of us at some point or another is deciding if and when it is time for a loved one to consider living in a long term care facility. This is a decision that needs to be made with all of the facts available to make an informed choice. One of the best ways to initially handle this is to have conversations with your loved ones as to, when the day comes, what type of living arrangements they would prefer as well as what they would look for in a long term care facility. Determining priorities ahead of looking into facility options is key to making the hard transition just a little bit easier. When the time comes that one must look into long term care, it is best to contact your local Home Care office. They can schedule an assessment to see if an individual is ready for institutional long term care or, on the other hand, an individual may just need some additional assistance in order to continue living in their own residence for as long as possible. Maintaining independence is very important; our facilities are here when people need to utilize them but part of the process is ensuring what is needed and best for an individual at a given point in time.

There are a variety of services available that may also more closely fit the needs of a family and their loved one. There are respite beds available which allow a break for families. There is Meals on Wheels to help promote independence as well as Day Wellness programs.

Over the past year, Sunrise Health Region leaders have been working through the provincial program guidelines, line by line, and ensuring our policies meet and/or exceed them and as needed, SHR policies have been updated and posted to reflect the most current provincial guidelines. The guidelines are basic standards to be followed by every long term care facility in the province (recently revised in 2016). In order to ensure all staff are aware of these guidelines, the province created a set of DVD's that all long term care staff need to view by the end of March.

Another important development over the past year is the fact that all facilities have implemented the practice of purposeful interaction...a full year ahead of schedule! Essentially, it focuses on providing the right care, at the right place, at the right time. It is an understanding that when basic needs are met, everyone is happier. Staff, clients and families take part and play a role in purposeful, meaningful interactions.

To find out more, listen to the audio recording of the February 10, 2017 interview on The Rock radio on our website by clicking [here](#).