



A variety of services and activities to brighten your world



Jeffery Hale

## Things to bring

- ❑ Your health insurance card (sun card).
- ❑ Your hospital cards for the hospitals you use most often.
- ❑ Toiletries, Kleenex, etc.
- ❑ Incontinence protection (Depends, etc.)
- ❑ Any special care materials you need (oxygen compressors, colostomy aids, and anything else you usually buy).
- ❑ Special equipment you usually use (wheelchair, walker, cane, etc.).
- ❑ Enough clothes for the length of your stay. Ask a relative or friend to do your laundry, or arrange in advance with the Respite Care Centre.
- ❑ Personal items (TV, radio, books, etc.)
- ❑ All medications you usually take, enough for the length of your stay, in the original containers or in a clearly marked pill dispenser. The staff of the Respite Care Centre should not need to ask what you take or do not take, or ask for prescription renewals.

There is **one** exception: If your respite stay is at the Centre d'accueil St-Augustin, the staff will order your medication directly from a pharmacy, but you must pay this cost.

## Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about our:

- Day Centre
- Games Day
- Footcare
- Frozen Meals
- Living Room
- Nursing care
- Occupational Therapy services
- Telephone Check In
- Transportation (if a volunteer is available)
- Walking Club
- Wellness Clinics
- "With a Little Help from My Friends" caregiver support
- and much more.

For more details, please call Jeffery Hale Community Services at:

**418 684-JEFF (5333), ext. 1580**  
Community Services, in the Jeffery Hale Pavilion, is open Monday to Friday, 8:30 AM - 4:30 PM

## One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **684-JEFF (5333)**  
1 888 984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



Jeffery Hale

418 684-JEFF (5333)  
1250, ch. Sainte-Foy  
Québec QC G1S 2M6

[www.jefferyhale.org](http://www.jefferyhale.org)

## Respite Care



Take care of yourself  
as you take care  
of someone else

Cover photo: Health Canada, © Minister of PWGSC 2001

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## Facts about caregiving

90% of people who need care still live in their own homes.

80% of the care required by these people is given to them by family and friends. These family and friends are known as unpaid, or informal, caregivers.

Looking after someone else is a labour of love, but it can also be hard work. Respite is a way for caregivers to take a breather, or take some time just for you.

Most often, respite care is provided by a respite care centre, usually a long-term care centre. Respite can also be given in your own home, but this is provided by a private agency at a much higher cost.

## How we can help

Respite can be for a few hours or a few days, depending on your needs.

Jeffery Hale Community Services (or your CLSC) can help you:

- Find a respite care formula that fits your needs and financial means.
- Introduce the idea of respite care to your care receiver and family members.
- Handle feelings of guilt that using respite care can trigger.

You should plan ahead for respite care, **please do not wait until the last minute.**

## Tips for a stay in a respite care centre

The “you” in these tips means the user of the service or the care receiver.

- Respect the arrival and departure times of each respite centre. If you really must, **sometimes** you may be able make special agreements in advance with the centre.
- The social worker who referred you to the Respite Care Centre is still in charge of your case during your stay. Your social worker will:
  - Tell you about any changes to your care plan;
  - Address any problems you may be having with the Respite Care Centre;
  - Arrange for any transport you may require for medical appointments during your stay, as well as for your return home;
  - Assure that homecare services resume upon your return home.
- You are still under the care of your usual doctor during your stay.
- If need be, you are free to go out to consult your doctor or undergo tests. You, your family or your social worker must arrange for your transport and someone to go with you any medical appointments. Tell the Respite Care Centre that you plan to go to an appointment.
- If you usually go on regular outings, such as to a Day Centre or Day Hospital, you may continue to do during your stay. You must arrange for your transport and tell the Respite Care Centre that you plan to go out.

## How to get respite care

A senior, a member of their family or a health worker can ask for Respite by calling Jeffery Hale Community Services. A social worker will talk over your needs.

For more details, please call:

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