

# Return home for seniors after a stay in hospital



TO MAKE THE RIGHT CHOICE

AT HOME, THE FIRST CHOICE

## If you experience an event that leads to a deterioration of your health condition or that of a loved one

After a stay in a hospital, it is not uncommon to notice changes in autonomy. These changes can be temporary or permanent. They can lead to questions about your ability, or that of a loved one, to remain at home. Here is some information that could help you make this decision.



### When your health condition requires an emergency consultation or hospitalization

The medical and professional teams at the hospital will be able to care for you, treat you and assess your situation. Once your health condition is stabilized, you should return home.



### Returning home after a hospital stay

During your hospital stay, an evaluation of your home support needs is done. If your living environment requires essential services to ensure a safe return to your home environment, these will be put in place by the CLSC. These services will be re-evaluated in the weeks following your return in order to adjust them to the reality and evolution of your situation.

The home:  
the best place to make  
a decision

Returning to your living environment makes it easier to resume your routine and habits. This is why we want to accompany you in this environment to determine your life project.

It is advisable to avoid making hasty decisions. Returning to your living environment allows you to evaluate your options and make an informed decision.





## Returning to your living environment is the preferred option

In the event that returning home is not possible and no other options are available to you, we can assist you in choosing a new living environment that will meet your needs.

### Some questions to ask yourself to find options that support retention in your living environment:

- Are there activities that can be done differently?  
Are certain adaptations possible?
- Are technical aids available?  
E.g.: bath bench, grab bars, etc.
- Are services available from community organizations?  
E.g.: prepared meals, respite, etc.
- Is a contribution from family, relatives or friends possible?
- Are there compromises that can be made and are there any elements that are unavoidable for you?

## The emotions experienced

A deteriorating health condition or loss of autonomy can generate a variety of emotions. Anxiety, helplessness, insecurity, and confusion are normal emotions that are part of the adjustment to the situation.

**However**, it is important to let the recovery process take its course in order to make informed decisions. Progressive improvements at home are often seen during the recovery period. During this stage, help and support can be put in place.

Don't wait to notify us!



### Are you receiving home support services from a CLSC worker?

**When there are changes in your health condition or in your needs, we invite you to contact your primary caregiver or his or her office.** The response to your needs is adapted and evolving. The CLSC worker, because of his or her involvement and the relationship you have established with him or her, is the best person to understand your needs and coordinate the care and services required according to your situation and your life project.

**It is important to consult your family doctor if you are concerned about your health.**

### You are not followed by a family doctor or an caregiver and you need home support services?

You can contact the Access team at **418 651-3888**

She will proceed to an analysis of your needs in order to direct you to the right resource.

To obtain all the details :

[ciusssc.n.ca/SAD](https://ciusssc.n.ca/SAD)