



# MAJOR NEUROCOGNITIVE DISORDERS: DEMENTIA

Programme régional ambulatoire de gériatrie (PRAG)

## REFLECTIONS ON LONG TERM CARE



The person, who used to be completely independent, is now having more and more difficulty with daily tasks, such as bathing and feeding. As a caregiver, you want to ensure the well-being of your loved one for as long as possible and are beginning to think about long-term care. This guide is intended to help you think about this and to suggest solutions to explore.

Have you already discussed with your loved one the possibility of long-term care?  
Where would they like to live?  
Consult our document:

**HOW TO FACILITATE THE  
TRANSITION TO A NEW LIVING  
ENVIRONMENT**



## IS THERE A RIGHT TIME?

Everyone's transition to long-term care is different. Some people may remain at home for the entirety of their lives, while others may move to a different living environment. In some cases, the level of care and supervision required by the person goes beyond what the family can provide. In other cases, the caregiver may become exhausted and unable to maintain his or her role. It is also possible that a person whose health and safety are compromised at home may be placed in care following a court order.



### IMPORTANT!

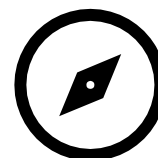
**It is always necessary to obtain the consent of your loved one. Even if the person is deemed legally incapable, he or she is still free to refuse placement in a long term care facility. We must respect their choice and their rights.**

## WHERE TO START?

Take a moment to discuss what you AND your loved one want:

- ❖ Stay at home as long as possible?
- ❖ Type of residence? Long term care? Public or private? At what point in time?

Whether you choose to stay at home or in a residence:



### **If you are receiving Home Care Services (CLSC-SAD):**

The different professionals from the CLSC will be able to accompany you in order to provide all the necessary support, whether by setting up different services to help you at home or to guide you throughout the process of finding a residence.

### **For the general population:**

- ❖ The Info-Santé workers (811) are equipped to evaluate your situation and direct you according to your needs.
- ❖ Information evenings are regularly organized by the CISSS de Laval. Go to the [lavalensante.com](http://lavalensante.com) website, click on the *Seniors* tab and then *Housing* to find out about upcoming dates.
- ❖ The Users' Committee of the Centre de santé et de services sociaux de Laval also offers conferences and information about housing options.

## THINGS TO CONSIDER AS A CAREGIVER

Placing your loved one in a residence can create a multitude of emotions. **It is normal to experience both positive and negative feelings during this process.** It is still important to take care of yourself every step of the way.

- ❖ Identify the people in your life who can listen and support you.
- ❖ Take time for yourself: maintain/restore your social network, engage in activities/hobbies that you had put aside, etc.
- ❖ Don't hesitate to seek professional help
  - CLSC worker
  - Social worker of the residence
  - Info-Santé/Social 811
  - L'APPUI Caregiver Info Line (1-855-852-7784)
  - CISSS de Laval caregiver support group (contact 811)
  - Psychological follow-up
  - Family doctor

### IMPORTANT!

**Your role as a caregiver continues even when your loved one is in a residence! While the workers in the new residence will provide some of the care, you can devote your time and energy to sharing good times together.**

**The proposed strategies are suggestions for solutions to explore. Be creative and adapt them to your loved one, because you know your loved one the best!**

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