

Alberta Health Services – Community Care Access

Community (Home Care) Services are publicly funded support services offered by Alberta Health Services and can include:

Hourly Respite

Hourly respite is when a caregiver comes into your home to offer time away from your role as a care partner, typically 2 to 3 hours at a time. The potential benefits of this programs are that it offers a break to the care partner and allows to care recipient to become more comfortable around others and around other people's care.

*Hourly Respite is also available from private health care companies with a variety of price ranges.

Adult Day Programs

Adult Day programs are offered through the week and are geared towards people with varying needs. They offer many recreational and social opportunities, and the 'Choice' program even offers medically based opportunities. A large portion of the cost of this program is subsidized; however, the client is expected to pay approximately \$10 to \$15 per day. There is limited choice in location; clients are placed in the most appropriate setting based on the individual's level of function.

Assists

Home Care also provides in-home medical care and assistance with daily living tasks. They are able to provide assistance with:

- Bathing
- Dressing & Grooming
- Medication assist
- Light meals

*Private health care companies can also provide 'assists' for a fee, with a variety of price ranges.

Respite in a Facility

The respite time available to care partners can go well beyond hours and become days. For approximately \$50 - \$65 per day, Home Care can arrange for your family member to obtain full care services in a facility, where they will receive a room, meals, and medical care. Bookings are based on availability of space and client care needs, so booking far in advance may ensure you get the days and services you want.

*Private health care companies can also provide 24-hour respite at varying costs.

Transition into Care

When care at home is no longer manageable, it may be time to consider placement for your family member. Subsidized rooms – or Designated Supportive Living (DSL) – formally called Designated Assisted Living (DAL) – can cost approximately \$1950 per month. These units are suitable for individuals requiring no more than 2 hours of care per day. If the level of care required is greater than that, Long-Term Care may need to be considered at approximately the same fee range as DSL.

*Private Assisted Living facilities are also available with prices varying from approximately \$3500 to \$7000 per month. This is only at a DSL level; all Long-Term Care is through Alberta Health.

Contact information by zone:

- North 1-855-371-4122

- Edmonton 780-496-1300

- Central 1-855-371-4122

- Calgary 403-943-1920 (or) 1-888-943-1920

- South
 - Bow Island 403-545-2296
 - Brooks 403-501-3244
 - Lethbridge and Area 403-388-6380 or 1-866-388-6380
 - Medicine Hat 403-581-5750
 - Oyen 403-664-3651