

Supporting your transition from hospital

Introducing Reintegration Care Units

The Toronto Central Local Health Integration Network (LHIN) has introduced **places of care** that are designed to **support patients like you**, who no longer need to be in hospital but require some help and support before you transition to your next place of care.

The **Reintegration Care Units** can offer the following benefits:

- Provide you with the most appropriate level of care based on your needs
- Support you by focusing on optimizing your physical, mental and psychological health
- Help you regain your strength and mobility, manage your medications and/or support you with tasks such as bathing, dressing, etc.
- Enhance your ability to return safely to and thrive in the community, and connect you with community services to support your individual needs.
- Support you and your caregivers to make informed decisions about your future care needs and living arrangements.

There are also programs available to **support your caregivers** in helping you transition home. Specialized respite services offered as part of **Caregiver ReCharge Services** are intended to relieve the stress on caregivers. These caregiver support services include:

- In-home respite (day or night),
- Overnight respite services (away from home), and/or
- Supervised programming in a group setting during the day (i.e., Adult Day Programs).

How to apply?

Your hospital care team will discuss the *Reintegration Care Units* and/or *Caregiver ReCharge Services* with you and work with you to complete an application for services based on your care needs. Once confirmed, you will be given a date for your transition and discharge from hospital.

Where are the units located?

Reintegration Care Units are located throughout the Toronto Central LHIN. Once your application is submitted, you will be matched to a unit based on your unique care needs. Factors such as location and accessibility will be taken into consideration and discussed with you in more detail as part of the referral process.

What organizations provide Reintegration Care Units?

There are 14 providers in Toronto Central LHIN that house Reintegration Care Units. All of the providers focus on providing care to clients who are ready to transition to the community from hospitals and require temporary nursing and/or personal supports to prepare them for transition to a more permanent setting in the community. Some of the providers have programs that specialize in caring for individuals with behaviours, others provide support in independent living environments. One of the providers (Centres D'Accueil Heritage) is dedicated to provide support to Francophone clients who are transitioning from hospital.

How long will I be at Reintegration Care Unit?

Your time at a Reintegration Care Unit is based on your unique care needs. When admitted to a Reintegration Care Unit, providers will work with you and your caregivers to develop a service plan that will prepare and support you for transition back to a community setting within a specific period of time.

What can I expect when transitioning to a Reintegration Care Unit?

When you arrive at the Reintegration care unit, an onsite care team will work with you to develop a service plan and set goals to help you prepare for your transition home or to the next place of care. Specific details about supports and services at each Reintegration Care Unit will be discussed with you upon admission.

What will it cost?

There is no accommodation cost to you or your family for these programs. However, in most Reintegration Care Units patients/families are responsible for their own prescribed medications, supplies, personal products and depending on the program transportation, escorts, equipment and meals.