

## How much does it cost?

There is no client fee. The Convalescent Care Program is funded by the Ministry of Health and Long-Term Care. However, you will be charged for some additional services, such as telephone and television. You will also be responsible for transportation to and from medical appointments.

## What happens when it is time to return home?

When it is time to return home the CCAC Case Manager will help you arrange the services and supports you may need at home or within your community.

## Need more information?

Please contact your local Community Care Access Centre (CCAC).

## Central CCAC Sites

### Newmarket

**905 895 1240**  
1100 Gorham Street  
Unit 1  
Newmarket ON L3Y 8Y8

### Richmond Hill

**905 763 9928**  
9050 Yonge Street  
Suite 400  
Richmond Hill ON L4C 9S6

### Sheppard

**416 222 2241**  
45 Sheppard Avenue East  
Suite 700  
North York ON M2N 5W9

### Stouffville

**905 640 2662**  
28 Sandiford Drive  
Bldg. B, Unit 201  
Stouffville ON L4A 1L8

[www.central.ccac-ont.ca](http://www.central.ccac-ont.ca)

# Convalescent Care Program

helping  
you return  
to better  
health

## What is the Convalescent Care Program?

Following surgery or serious illness you may not require hospital-level care, but you may not be ready to safely return home.

The Convalescent Care Program provides 24-hour care to people who require specific medical and therapeutic services in a supportive environment. The program will help you recover your strength, endurance and functioning before returning home.

## What services could I get?

Convalescent care provides the care you need, including:

- medical and therapeutic support
- a specialized care plan to help you regain your strength and independence
- guidance for your family and caregivers in how to support you

## Who provides my care?

Depending on your needs, you will receive care from a specialized care team led by doctors and nurses with support from professionals such as physiotherapists, occupational therapists, dietitians and social workers.

## Is the Convalescent Care Program for me?

You may benefit from convalescent care if:

- your doctor has said your health condition is stable and you do not need to be in the hospital
- you plan to return to your home or community and your health care team says you are likely to do so within 30 to 45 days
- you are willing to learn and are capable of acquiring the knowledge and skills that will help you become more self-sufficient
- you have needs that currently cannot be met by the home care program in your community
- you are at least 18 years of age
- you have a valid Ontario Health Card

The Convalescent Care Program is not intended to serve individuals waiting for long-stay admission to a long-term care home, or those needing complex continuing care or palliative care.

## How long will I stay?

Most convalescent care residents remain in the program for no more than 30 to 45 days.

## Who can refer me?

Your doctor, hospital staff and Community Care Access Centre (CCAC) Case Manager can discuss with you how your needs could be met through the Convalescent Care Program. Referrals to the program are coordinated through the CCAC.

## Where is the Convalescent Care Program delivered?

The Convalescent Care Program is delivered in long-term care homes that have met guidelines for specialized care. These guidelines include:

- a core team of professionals providing specialized care services to convalescent care residents
- proven experience in delivering quality health and personal care
- appropriate supplies and equipment
- rooms designed to give you privacy, rest, and comfort