

# Loss of autonomy and access to home services



During your hospital stay, your healthcare team assessed that returning home could be challenging for you. This fact sheet presents the resources available to help you do this.

## Why was I given this fact sheet?

Staying in our own home as we get older is important to everyone. But sometimes it's no longer possible to do everything yourself. This is called loss of autonomy.

Problems with performing the tasks of daily life can come on gradually or suddenly. Being as independent as you were before your hospital stay can be hard, despite your best efforts. If these difficulties prevent you from living independently at home, you need to consider getting help.



## Who can help me find resources?

At the CHUM, your nurse can ask for help from a professional to support you, depending on your needs (social worker, liaison nurse, patient follow-up nurse). That person will discuss with you what your needs are for assistance at home.



### IMPORTANT

For this to work, you need to be mentally prepared to accept this help.

## Will I always need help?

If your situation is related to a one-time problem, such as a broken arm, your loss of autonomy may be temporary.

But often, home help is needed in the long term.

## What services are possible?

Talk with your family about what services you might need at home.

3 sources of help are possible.

### 1 SERVICES FROM YOUR CLSC

CLSCs provide home help if:

- you're eligible based on your level of autonomy, age, etc.
- the resources you need are available

They provide several types of services, such as:

#### > Nursing care

- monitoring medication use
- monitoring vital signs
- care (dressings, treatments, etc.)

#### > Home care

Aides provide personal care, accompany you, or help you with certain tasks (such as taking a shower).

#### > Physiotherapy

- treatment plan for balance and walking
- treatment of muscle pain
- etc.

#### > Occupational therapy

- assessment of your autonomy at home to make sure you're safe (in the bath, using the toilet, washing yourself, cooking, etc.)
- adapting your home, if necessary (grab bars, bath bench, wheelchair, hospital bed, therapeutic mattress, etc.)
- assessment of the need for technical aids or ways to make everyday activities easier (walker tray, long-handled grippers, adapted utensils, etc.)

#### > Psychosocial services

Support and regular follow-up related to loss of autonomy.



#### > Respite for family caregivers

- respite care (an aide who will stay with you while your family caregiver is shopping, for example)
- day centre for activities
- temporary accommodation elsewhere

Your CLSC can offer a variety of care adapted to your situation. However, it's possible that it may not have all the services you need and that there may be a waiting period.

### 2 SERVICES FROM COMMUNITY ORGANIZATIONS

These often have specific missions. The criteria for eligibility vary from one organization to another. The people providing the services may be volunteers or paid employees.

They offer services, sometimes funded by grants, that are free or at low cost to users, such as:

- domestic help (cleaning, laundry, meals, etc.)
- catering
- accompaniment to medical appointments
- weekly safety check-in calls
- friendly visits or phone calls
- community grocery shopping
- tax clinics
- help with filling out forms
- respite care for family caregivers
- etc.

### 3 PRIVATE SERVICES

Private organizations offer a wide variety of services. Many are not covered by health insurance. These include, for example:

- convalescence in private centres
- blood tests drawn in the home by a nurse
- rental of specialized equipment
- senior sitter or companion
- interior and exterior home maintenance
- catering service
- health professionals (nurse, occupational therapist, physiotherapist)
- etc

#### Who can I contact for help or to ask questions?

Check with your nurse to find out who is the contact person who will help with your return home: the social worker, the liaison nurse, or the patient follow-up nurse.

That person is available to listen to you and decide with you what help you will need to cope with any challenges.



### USEFUL RESOURCES

Your CLSC can answer your questions. To find out how to contact the one in your area:

> **8-1-1**

> **[sante.gouv.qc.ca](http://sante.gouv.qc.ca)**

Finding a resource → CLSC

Government of Quebec aid program:  
Reduced rates for domestic help services.

> **[ramq.gouv.qc.ca](http://ramq.gouv.qc.ca)**

Citizens → Aid programs → Domestic help

Other health sheets published by the CHUM are available. Ask for those that might fit your situation



You can also find them  
on our web site

**[chumontreal.qc.ca/fiches-sante](http://chumontreal.qc.ca/fiches-sante)**

*The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.*

To find out more about the Centre hospitalier de l'Université de Montréal  
**[chumontreal.qc.ca](http://chumontreal.qc.ca)**



Write down any questions you want to ask your care team so you don't forget anything.



## Resource people and contacts

Write down phone numbers, email addresses and websites that could be useful.



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