



“More than a place to live”

WELLNESS SUPPORT PROGRAM

The *WellingtonStone Christian Home Association* is committed to a Wellness Support Program that will help residents to remain in their own home for a longer period of time. This will mean that a nurse will be available for consultation and advice for a number of hours a day until increased need dictates otherwise. Daily PERSONAL CARE such as bathing and dressing must still be arranged through the *Community Care Access Centre* except in emergencies or during a short illness. Below is a list of services that can be provided:

Refilling your medication dosettes weekly;

Assisting with medication problems, e.g., helping with insulin injections, instilling eye or ear drops;

Set up appointments with doctors or other health professionals if you are unable to do this independently or with help from family;

Facilitate learning about such diseases as diabetes, Parkinson's and Alzheimer's;

Organize Meals on Wheels for you if you wish and family is unable to arrange;

Assess increased care needs and help family plan for this if your safety is compromised;

Organize monthly Blood Pressure Clinics and Foot Care Clinics;

Assist with ideas for adaptive living and facilitate use of assistive devices.