

OSCR Short Stay Respite

**We take care of the person you support,
while you take care of yourself**

When you are the primary caregiver for someone with high needs, it's vital that you find time to get some relief from your caregiving responsibilities (respite) whether it's for a few hours or a few days. Caregiving can be stressful and take its toll on your wellbeing.

What is Short Stay Respite?

Short Stay Respite occurs when the care recipient temporarily stays in an out-of-home environment in order to provide relief to the caregiver.

Caregiver relief for up to two weeks, three times a year

If you need some relief away from your home, Oakville Senior Citizens Residence (OSCR) can provide the person in your care with a Short Stay room from two (2) nights to fourteen (14) nights, up to three (3) times per year. OSCR is located in a lovely setting near the lake in the thriving community of Bronte Harbour, and features a café, convenience store, gift shop, pharmacy and lounges on the main floor primary social hub.

Short Stay Services

- Help with personal care (bathing, toileting, dressing/undressing, brushing teeth) by a certified Personal Support Worker (PSW)
- Medication reminders (some limitations apply)
- Three (3) daily nutritious meals and an evening snack each day
- Full access to OSCR's programs, activities, entertainment and exercise groups

The Caregiver Respite Program in the Mississauga Halton LHIN was designed for and around caregivers who need to have support within a network of care.



Short Stay Rooms

OSCR's Short Stay rooms are located on the main floor in its residential tower and feature:

- An electrical, adjustable single bed with a custom mattress to prevent bed sores
- A safe for personal belongings
- A bar-sized fridge for special snacks (provided by caregiver)
- An unlocked closet with sliding door
- Access to TV and WiFi
- Private, 2-piece bathroom with safety features
- Access to a Jacuzzi-style accessible tub and walk-in shower, with staff support

Who is eligible for services?

The person you support may qualify for one of OSCR's Short Stay rooms if he/she is:

- 18 years of age or older
- Covered by the Ontario Health Insurance Plan (OHIP)
- In need of help with activities of daily living
- In need of onsite supervision or monitoring several times a day to ensure his/her safety and wellbeing

For more information or to apply,

call Central Registry:

905-281-4443

info@centralregistry.ca

