



Complex Continuing Care

The Complex Continuing Care (CCC) unit at the Wiarton Hospital is for individuals who are medically stable, and have complex conditions that require unique programming to meet their rehabilitation goals. The following information provides an overview of the CCC unit for patients and families.



The goals of CCC are to:

- Support and improve your physical, social, emotional and cognitive well-being.
- Support your abilities rather than disabilities.
- Help you to actively participate in the planning, goal setting, and development of a program tailored to your needs.

What should I expect?

- Before you are admitted to the unit, you will be given an opportunity for you and your caregivers/family to learn about the program, discuss any goals and consent to applying to the program.
- You will be given a tour of the unit to become familiar with your new surroundings and how the CCC program works.
- Patients stay in the CCC program anywhere from a few weeks to a few months depending on your needs, tolerance and progress in therapies.
- During your stay, you will be expected to attend therapies a minimum of 30 minutes per day, up to 5 days per week depending on your tolerance.
- Therapies are provided on a 1:1 and/or in a group depending on your individual needs.
- Lunch and dinner are served in the dining room.
- Hospital equipment (e.g. walker, wheelchair, dressing aids) will be on loan to you. If these items are removed you will be sent a bill for replacement costs.
- Family to do street clothes laundry and return to hospital.

Who is on the team?

- **Physician:** Oversees your medical care. He/She will see you weekly.
- **Nurse Coordinator:** Coordinates the care you receive.
- **Nursing Staff:** Provides individualized care to help you reach your goals.
- **Physiotherapist:** Works with you to improve mobility, balance, strength and function.

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- **Occupational Therapist:** Helps you to resume the skills you need for the job of living.
- **Physiotherapist Assistant/Occupational Therapist Assistant:** Helps to carry out your treatment plan as assigned by the supervising therapist.
- **Speech-Language Pathologist:** Works with you to improve your ability to swallow and to speak/communicate.
- **Recreation Therapist:** Helps you return to leisure interests/hobbies or to learn new hobbies.
- **Social Worker:** Helps with emotional and social issues as well as changes within the family, counselling and accessing benefits.
- **Dietitian:** Helps you meet your nutritional needs with education and special diets.
- **Pharmacist:** Acts as a consultant to the team regarding your medications.
- **Spiritual Care:** If you agree, a spiritual care provider will visit you within a week of your arrival.
- **Community Care Access Centre (CCAC) Case Manager:** Helps you and your family/friends prepare for discharge from CCC.
- **Other team members:** Staff from different departments within the hospital, plus our volunteers, will join your care team as needed.

What do I need to bring?

- Casual clothing (including slacks/shorts, no-skid shoes, socks, shirts, pajamas, etc.).
- Hearing aids (batteries), glasses, and dentures.
- Toiletries (including razor, toothbrush and paste, brush, comb, Kleenex, etc.).
- Leisure activities that you enjoyed at home (e.g. books, magazines, music, etc.)
- Your pet can visit. Please check with your nurse regarding the pet policy.

How will my family be involved?

- We encourage you and your family/friends to take an active role in the CCC program. Your family/friends are a part of the journey to recovery.
- The team will keep you and your family up to date about your progress.
- Once you have made significant progress in the program, you may be able to go home on a day pass or an overnight pass.
- The team will teach your family about your care needs in preparation for your pass and discharge to home/community.
- Discharge planning will begin very early in your stay to ensure that everything is in place for when you leave the CCC program.
- Your family is welcome to call the CCC unit or your room at any time (519-534-1260). Please note that the dining room is for patient use only during meal times. Family can also come into a therapy session after initial assessments are completed. Just talk to your therapist to set a date.

Contact Information

For more information on CCC call: 519-534-1260

Complex Continuing Care Quality Video

<https://www.youtube.com/watch?v=-9YRmsm6438>

