

# Long-term care costs

In Nova Scotia 2020

## Residential Facilities

### How Nursing Homes are organized and administered

Nursing homes or Homes for the Aged in Nova Scotia are residential long term care facilities that provide 24-hour professional nursing care and supervision in a protective, supportive environment for people who have complex care needs and can no longer be cared for in their own homes. They operate under the jurisdiction of the Department of Health and Wellness.

Costs	
	Per Day
Accommodation and Meals	\$108.25
Respite Care	\$40.00

In order to gain admission into a nursing home a client must contact the Department of Health and Wellness, which does assessments and maintains waiting lists. The Department of Health and Wellness will send a care coordinator to meet with the client and assess his/her care needs. Other professionals may also need to meet with the client and his/her family to better understand the client's situation. The care coordinator's recommendation will be reviewed by specialists for final approval. Once approved, the client can put his/her name on the waiting lists of the nursing homes of his/her choice. Wait times can differ from several days to several months.

### How Retirement Homes are organized and administered

A retirement home in Nova Scotia is a multi-residence housing facility that provides accommodation and services such as meals and cleaning services for older people.

Retirement homes in the province are privately owned and operated and not administered by the provincial

government. Each facility usually provides a private or semi-private room or complete living suite and then also provides common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Costs	
Room Type	Monthly Rate
Private Room	\$2,585.00 - \$3,400.00
One Bedroom Suite	\$2,392.50 - \$3,930.00

Admission, fees and waiting lists for retirement homes are controlled by the homes themselves, not by the government. Admission usually depends on the ability to pay and absence of serious medical conditions that require professional nursing care. Residents are responsible for paying their own fees and government subsidies are not available for accommodation in a retirement residence.

## Home Care

### How Government -subsidized home care is organized and administered

Home support services are designed to help clients remain independent and in their own home as long as possible. Home care services include professional health care services as well as personal care services such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home. It is always the first option considered for care in the community.

In Nova Scotia, home care is managed by the Continuing Care Branch of the Department of Health and Wellness. Referrals can be made to Department of Health and Wellness by the individual requiring care, a family or friend. A care coordinator will conduct a home care assessment which involves looking at care services that an individual is eligible to receive based on his/her needs as well as the ability of the family to provide care. The hours of care granted by the Department of Health and Wellness depend upon assessment but as a general guideline, there is a 3-hour monthly maximum for homemaking, 4.5-hour weekly maximum for personal care and 2-hour weekly maximum for meal preparation.

### Private home care - no government subsidy

Home care resources through the Department of Health and Wellness are limited and go to the neediest. As a result, many seniors get inadequate amounts of home care services and have to rely on private home care services to receive the appropriate amount of care.

### How adult day care programs work

Adult day program are designed for dependent adults/seniors, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Monday through Friday (some on Saturday as well). They provide a secure, caring and positive setting for those who are experiencing memory loss, communication disorders, social isolation or physical disabilities. Nutritious lunch meals are provided which usually accommodate any special diet, along with an afternoon snack. Participants need to be mobile, with the possible assistance of a cane, walker or wheelchair. Adult day programs can be public or private, non-profit or for-profit.

© 2021 Sykes Assistance Services Corporation. All rights reserved.

SYKES ASSISTANCE SERVICES CORPORATION is a comprehensive, impartial service that promotes and supports caregiver wellness and wellness for seniors, enabling families to give the best possible care to aging family members, while also taking best care of themselves. SYKES ASSISTANCE SERVICES CORPORATION has researched and prepared this report carefully. To the best of SYKES ASSISTANCE SERVICES CORPORATION's knowledge, all information included is accurate and unbiased. However SYKES ASSISTANCE SERVICES CORPORATION cannot and does not guarantee the accuracy or completeness of the information. SYKES ASSISTANCE SERVICES CORPORATION cannot accept responsibility for any problems that might arise in relation to your choice of services, whether or not your choice was influenced by information in this report.

© Sun Life Assurance Company of Canada, 2021.

#### Costs

There are no charges for nursing services and palliative home support services. The home care hourly rate is \$12.45/hr. However, about 80% of home care users do not pay a fee for the government-subsidized home care based on the income and household size. Home oxygen rates are based on income and household size and start at \$72.60/month.

#### Costs

Type of Service	Provincial Rate (per hour)
In home meal preparation	\$14.00 - \$34.26
Personal Care (bathing/dressing)	\$17.00 - \$34.26
Skilled Nursing*	\$35.00 - \$80.00
24-hour live-in care	\$22.50 - \$34.26

*\* Fees listed are for RNs however, these fees may vary depending on the type of nurse, such as a Registered Nurse (RN) or a Licensed Practical Nurse (LPN), delivering the care.*

#### Costs

	Daily Rate
Includes meals	\$16.00