What should you bring to be well prepared for your admission into a CHSLD or MDA-MA?

Here is a checklist for when your admission to a CHSLD or MDA is confirmed.
We also invite you to refer to the Centre's Welcome Guide for details and answers to your questions.

1 CARDS AND OTHERS DOCUMENTS TO BRING

- Health insurance card
- Hospital card(s)
- Proof of legal representation (si applicable)
- Proof of permanent residence or Canadian citizenship (si applicable)
- Documents for an upcong medical appointment, sample collection, etc.

2 ÉQUIPMENT, THERAPEUTIC ACCESSORIES AND MOBILITY AIDS

- Personal equipment to aid mobility or positioning (walker, cane, etc.)
- Your medications, prescription creams, inhalers (pumps), drops, etc.
- Dental prostheses
- Glasses
- Hearing aids
- Orthotics
- Prostheses.

Note: Some equipment loaned by the CLSC must be returned to the CLSC. Please consult your assigned professional if necessary

3 CLOTHING AND SUGGESTED PERSONALPRODUCTS

- Your usual clothes for at least a week
- A pair of non-slipslippers
- A pair of your usual shoes
- Outdoor clothing (seasonal)
- Your personal hygieneaccessories: toothbrush, hairbrush, razor, etc.

4 PERSONAL BELONGINGS

We encourage you to personalize your private space from the very first days.

- Personalization items for the private space (bedroom): frames, bedspreads, photos, etc.
- Other technological devices: radio, tablet, gaming console, smartphone, etc.
- Occupational and hobby items: books, CDs, craft materials, etc.

5 BE SURE TO IDENTIFY YOUR ITEMS WITH YOUR NAME OR INITIALS.

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Arrival at the new living environment (CHSLD-MDA)

As soon as you arrive at the center, and in the hours and days that follow, you will meet many employees from the clinical, administrative and support teams. Their role is to provide you with services and as you adapt to your new living environment and throughout your stay.

Clinical Admission

You will meet one or more members of the clinical staff, mainly the nurse in charge of the unit and your attendant. They will take the time, along with you and your loved ones, to show you your room, give you a tour of the facilities, etc.

They will also discuss about your needs for autonomy support services, your habits and tastes, and the daily care and services provided in your living environment. Among other things, they will explain how to take medications, visit the doctor,receive specific care if required, follow prescribed diets,and learn about the therapeutic equipment and mobility aids you will need on arrival. In all cases, your opinion, wishes and values will be considered in determining the intensity and personalization of the services you receive.

They will also validate with you who is the person you identify, among your loved ones to support you in your care decisions if needed. Similarly, with your consent, we will discuss with you and your loved ones the contribution they will make to your well-being in your new living environment.

What you can do:
Talk to your loved ones about your wishes regarding your care and services. Validate with your loved ones your wishes and how they can support you throughout your stay.

Administrative Admission

This involves meeting with a member of the administrative staff to receive, among other things, information on the general operation of the center, including amenities and access for your loved ones.

A welcome kit containing information and forms will be given and explained to you.

You will be asked to choose a primary contact and a secondary contact if the primary contact is unavailable. In other words, who is the person who usually supports you in making your care decisions, and who assists you with certain administrative decisions and procedures.

In the next few days, you will also receive information on how to calculate and pay accommodation fees and how the center's trust (petty cash) works.

What you can plan for:
Talk to your loved ones to validate your wishes for administrative support and don't forget to change your address.

Finally, on behalf of the entire CHSLD and MDA team, we would like to wish you a very warm welcome!

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