

# Caregiver Relief

Please Contact Us for a Tour  
(519) 323-2140 [www.svnc.ca](http://www.svnc.ca)

Compassion • Commitment  
Contribution • Confidence • Courage  
Community • Celebration

# Welcome

## svnc dream

*Residents live enriched lives in a place that is my home.*



*Saugeen Valley Nursing Centre will provide you the support, security and care you need while respecting your dignity as a person.*

## respite care

Saugeen Valley Nursing Center is one of a few long-term care homes that has respite care beds. The program provides nursing care, accommodations, home cooked meals and activities for a maximum stay of up to 60 days at a time (max. 90 days per year).



*Regular Relief can rejuvenate your mind and body as well as provide you with practical support.*

- Short stays from 1 to 90 days
- Can be booked in a series of short stays, such as every weekend, once a month or for vacation planning
  - Semi-private accommodation is standard
- Socialize & participate in activities with other seniors

**For a tour or more information on the unique features of SVNC's Respite Care Program please call us: (519) 323-2140**

*Bookings for respite beds is done through the Community Care Access Centres: [www.ccac-ont.ca](http://www.ccac-ont.ca)*



**465 Dublin Street  
Mount Forest, ON N0G 2L3**  
*(Located near Louise Marshall Hospital and Claire Stewart Medical Centre)*

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## This Is My Home



**(519) 323-2140  
[www.svnc.ca](http://www.svnc.ca)**



We are a full-service long-term care facility licensed by the Ministry of Health and Long-Term Care.



This symbol indicates an option that is unique to SVNC.

# Life at the Center

Quality Care  
Services and Programs

This symbol indicates an option that is unique to SVNC.



## Health

### Medical and Nursing Services

- Committed, Qualified and Caring Staff
- 24-hour Registered Nursing Care
- ♥ *All direct care staff are Certified Personal Support Workers*
- Staff trained in managing difficult/aggressive behaviour (PIECES, GPA)
- ♥ *Access to geriatrician, geriatric psychiatrist and onsite consultation clinics*
- ♥ *Onsite Trellis Mental Health Clinics*
- Physician and/or Medical Director on-call 24hrs/day & available for face-to-face consultations with resident & families
- Proactive Skin Care Program
- ♥ *Specialized Care Unit for Alzheimer's and Other Dementias with unique and personalized activities*
- Specialized "Spa" Bathing Facilities: hygienic hydro-massage system

### Specialized Services (Available At No Extra Charge)

- Pharmacy
- Oxygen Therapy
- ♥ *Reflexology (Complimentary for all residents)*
- ♥ *Podiatry (One complimentary session per year)*

- ♥ *Physiotherapy - onsite 5 days per week*
- Speech therapy
- Occupational therapy for Mobility Devices
- Bladder & Bowel training
- Rehabilitation & Restorative Care
- Onsite Dentist, Denturist, Optometrist, Audiologist
- Onsite Lab Services (weekly)
- ♥ *Pain & Symptom Management Consultant*
- Onsite Hairdressing Salon

### Rehabilitation & Restorative

- ♥ *5 days a week - Individual exercise programs to restore and maintain strength and mobility*
- Restorative Feeding Program
- Mobility Assessments – walkers & wheelchairs
- Occupational Therapy and Speech are services available to all residents by referral
- ♥ *Community services & events hosted at the Home such as the Alzheimer's Support Group, Cancer Support Group, etc.*

## Living

### Daily Living Activities & Recreation

- Resident's Council and Family Council
- ♥ *Planned Activities, 7 days a week from 8am to 8pm*
- Personalized Daily Mail Delivery
- ♥ *Weekly outings to local stores*
- Regular excursions – Christmas Lights Tour, Fall Leaves Tour, Fall Fair, Park Picnic
- ♥ *Chaplaincy - pastoral visitation, counseling from an interdenominational perspective*
- ♥ *Active Volunteer Program: Over 100 Volunteers*
- Onsite Church Services on Sundays
- Cooking and Meal Programs
- Weekly BBQ's – Seasonal, June to September
- ♥ *Family Resource Library*

### Home

- Bright, freshly decorated, warm & welcoming atmosphere full of natural light
- Living rooms located close to resident rooms
- Rehab & activity areas
- Greenhouse
- Secure outdoor areas walkways, patios and gardens

### Dining

- ♥ *Menus are created with input from a Registered Dietitian and our Residents*
- Cater to a variety of nutritional needs (renal, diabetic, etc.)
- Seasonal menu with abundant variety, rotating every 4-weeks. Each meal has minimum of 2 choices
- ♥ *Rural Home Cooking*

- ♥ *Monthly themed meals based on resident preferences (Eg. Spice of Life)*
- ♥ *Break Bread With Us! Family & friends are welcome*
- ♥ *Reserve the Private Family Dining Room with your choice of a catered meal or make your own meal in the private kitchen*

### Accommodations

- Basic, Semi-Private, Private accommodation
- All rooms have en-suite washroom
- ♥ *Residents are encouraged to personalize their room*
- ♥ *Fully furnished, with option to bring personal furnishings and accessories*
- Rate Adjustments based on individual income-level
- Semi-private accommodation for couples regardless of income

### Laundry, Housekeeping

- Full laundry and housekeeping services
- Labeling done by Home



## Relationships

### Residents Come First

- Resident Preferences Honoured - for example, choice of bath/shower in morning, afternoon or evening, breakfast in dining room or for late risers on-floor continental breakfast is available
- ♥ *Free smiles & hugs! Warm, welcoming, focused on providing individual, compassionate care*
- Resident & Family involvement encouraged in care planning and delivery

### Care Team – Your Extended Family

- Committed, Qualified and Caring Staff

- Staff have specialized training in palliative care, managing difficult/aggressive behaviour (PIECES, GPA), interdisciplinary care planning

### Family/Community Services

- ♥ *Open door on visiting hours - this is your home, you are welcome any time*
- ♥ *Family Resource Library*
- ♥ *Private Family Dining Room and Outdoor Patio Area*
- Numerous indoor & outdoor visiting areas