

To get the care and services I need, should I stay in my home or move?



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Several caregivers, their seniors, and stakeholders were involved in providing feedback during the development of this decision aid.

This decision aid was inspired by the Ottawa Personal Decision Guide © 2012 O' Connor, Jacobsen, Stacey, and based on the following references:

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References were also specific to certain stages of the research process:

Stage 2: DUBUC N & R HÉBERT, *Les 14 profils ISO-SMAF*, Figure, Sherbrooke, Centre de recherche en gérontologie et gériatrie. CSSS Institut universitaire de gériatrie de Sherbrooke, 2000.

Étape 5 : LÉGARÉ F, KEARING S, CLAY KF, GAGNON S, D'AMOURS D, ROUSSEAU M & O'CONNOR A. Are you SURE? Assessing Patient Decisional Conflict with a 4-Item Screening Test. *Can Fam Physician*, 2010. Aug;56, e308-14.

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To get the care and services I need, should I stay in my home or move?

What decision do I face?



This decision aid is for seniors who are thinking about whether it is best to stay in their home or move to get the care and services they need. The decision aid is also for caregivers who are thinking about this on behalf of a senior.



No research has shown that either staying in your home or moving has clear advantages. Therefore, you need to know what your options are, and choose an option that is consistent with what is important to you, with your needs, and what kind of support and resources are available to you.



With the help of a health professional, explore the options that are available to you. You can also look at your options with family and friends. This decision aid will help you weigh the pros and cons of each option so you can make your decision.



STEP 1

When and why do I have to make this decision?

I want to (or have to) make this decision: _____

Examples: As soon as possible, within 2 to 4 weeks, within 2 to 6 months.

What are my reasons for making this decision? _____

Examples:

- I am worried about my health.
- I feel alone.
- I am less able to walk or move around.
- I do not feel safe.
- I do not have enough help at home.
- Others can no longer give me the support I need.
- Someone else thinks I should move.
- I have trouble doing my groceries, getting to the pharmacy, getting to the doctor's office, etc.

How far along am I in making my decision?



- I am not ready to make a decision yet.
- I have not yet thought about the different options.
- I am thinking about the options.
- I am close to making a decision.
- I have already made my decision.

STEP 2

Discuss your needs with a health professional

A health professional has assessed my needs and how well I can manage on my own, resulting in a score between 1 and 14 (1= low needs and 14= high needs). The score is used to determine what services could respond to my needs.

With the help of a health professional, please circle your score below and discuss what that means for you.

Live in my home or in a private seniors' residence

1 2 3 4 5 6 7 8 9 10 11 12 13 14

Low needs ← → High needs

Live in a public residential or long-term care centre

STEP 3

What are my options?



For each option, it is important to think about:

- The support that friends, family or others in my community can give me.
- The services I can get in my community, and what changes could be made to my home (for example, putting in grab bars) to help meet my needs.
- The cost of my housing, my daily expenses and of the services I need.



With the help of a health professional, please check your possible options on the next page (✓). →

Stay in my home



- If I stay in my home, my family, friends or others could help to:



- My home can be adapted and someone from the CLSC or from another agency can come to my home:



- As well as my usual home expenses, I could pay for these private services:

Move to a private seniors' residence

My health professional can give me a list of certified private seniors' residences in my community.



- If I move, my family, friends or others could help to:



- In a private seniors' residence, I live in an apartment or a room. Services are offered on site and in some cases services can be offered by the CLSC.



- I pay an amount that includes the rent and basic services. I can also pay for extra services.

Move to a public residential or long-term care centre



- If I move, my family, friends or others could help to:



- Public residential and long-term care centres are for seniors who can no longer stay at home or no longer stay in a private seniors' residence. My health professional can tell me about the resources I have access to, based on the care and services I need.



- I pay a fee based on my income, which includes rent, meals and services. A health professional can tell me about how much it would cost: _____

- Please fill in the table, keeping in mind the options you checked on page 6.
- Please fill in your main **PROS** and **CONS** for each option.
- Please show **HOW MUCH** the pros and cons matter to you by circling a number.



IMPORTANCE				
NOT VERY				VERY
1	2	3	4	5

Option **Stay in my home**

PROS Reasons for	•	1	2	3	4	5
	•	1	2	3	4	5
	•	1	2	3	4	5
CONS Reasons against	•	1	2	3	4	5
	•	1	2	3	4	5
	•	1	2	3	4	5

Option **Move to (location): _____**

PROS Reasons for	•	1	2	3	4	5
	•	1	2	3	4	5
	•	1	2	3	4	5
CONS Reasons against	•	1	2	3	4	5
	•	1	2	3	4	5
	•	1	2	3	4	5

Option **Other option available to me: _____**


PROS Reasons for	•	1	2	3	4	5
	•	1	2	3	4	5
	•	1	2	3	4	5
CONS Reasons against	•	1	2	3	4	5
	•	1	2	3	4	5
	•	1	2	3	4	5

What option do I prefer?

- Stay in my home
 Move to _____
 Not sure

STEP 4

Who can help me make this decision?

Who else is involved in this decision? E.g.: spouse, children, grandchildren, friends, doctor, nurse, social worker	 What does this person think I should do?	Is this person putting pressure on me?	How can this person support me in making this decision? E.g.: finding information on the options and on available services, taking me to visit the residences
Name and relationship _____ _____	<input type="checkbox"/> Stay in my home <input type="checkbox"/> Move to _____ <input type="checkbox"/> No preference	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____ _____ _____
Name and relationship _____ _____	<input type="checkbox"/> Stay in my home <input type="checkbox"/> Move to _____ <input type="checkbox"/> No preference	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____ _____ _____
Name and relationship _____ _____	<input type="checkbox"/> Stay in my home <input type="checkbox"/> Move to _____ <input type="checkbox"/> No preference	<input type="checkbox"/> Yes <input type="checkbox"/> No	_____ _____ _____

What role would I like to play in this decision?

- I want to make this decision by myself.
 I want to share this decision with (name) _____.
 I want to make this decision myself after hearing the opinion of (name) _____.
 I want (name) _____ to make the decision for me.

STEP 5

Do I have all I need to make this decision?



- Do I feel sure about the best choice for me?
 Yes No



- Do I know enough about the pros and cons of each option?
 Yes No



- Am I clear about what pros and cons matter most to me?
 Yes No



- Do I have enough support and advice to make a decision?
 Yes No

If you answer “**No**” to one or more of these questions, you are more likely to put off your decision, change your mind, regret your choice, or blame others if things don’t turn out the way you expected. In this case, you should go back to **steps 2 and 3** and talk about your needs again.

STEP 6

What are the next steps?

- Nothing, I am ready to make my decision.
- I need to discuss the options with (name) _____.
- I need to learn more about my options.

Questions or comments on the back →

