



**Assisted Living
Alberta**

Alternate Level of Care,
Transitions and Integration

Moving to a Continuing Care Home:

Information for Albertans

November 2025

Project team

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Moving to a Continuing Care Home?

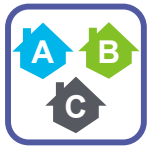
A continuing care home is a publicly funded facility-based accommodation that provides care, including a range of health and support services.

Moving to a continuing care home is a major life event and can be stressful. Your experience is unique, and you are not alone when making this decision. Your Assisted Living case manager will work with you and your designated family/support person(s) (e.g., family member or other person that is important to you) to ensure you move to a continuing care home that best meets your needs.

You and your designated family/support person(s) have a shared role as active partners with your healthcare team in achieving your health care goals.

For more information, see the Shared Commitments Brochure at:

[https:// www.albertahealthservices.ca/assets/info/shcm/if-shcm-shared-commitments-brochure.pdf](https://www.albertahealthservices.ca/assets/info/shcm/if-shcm-shared-commitments-brochure.pdf).



What are the types of Continuing Care Homes?

There are three different types of CCHs:

Type A - previously known as long term care, nursing homes and/or auxiliary hospitals.

Registered nurses and health care aides are on site 24 hours a day. You will pay a monthly cost at these homes. This includes:

- Meals and snacks
- Housekeeping
- Utilities and maintenance
- Medications and other health care needs are covered with valid Alberta Health Care insurance.
- There will be additional costs such as laundry, telephone, television, personal toiletries and clothing.

Type B - previously known as designated supportive living. health care aides and professional nurses are available 24 hours a day. The personal and nursing care you need is covered with valid Alberta Health Care Insurance.

You will pay a monthly cost at these homes. It is important you understand what is included and what is extra. These homes offer:

- Meals and snacks
- Housekeeping
- Activities
- Depending on the home, items such as medications and care supplies are not included.
- Additional costs such as laundry, telephone, television, personal toiletries and clothing need to be considered.

Type C - also called Hospice. These homes offer special care for people nearing the end of life. If you qualify of this type of home your case manager will discuss the details with you.



What All Continuing Care Homes Offer

All Continuing Care Homes Provide You With:

- the comfort of knowing your health and personal care supports are available when you need them.
- 24-hour onsite (scheduled and unscheduled) personal care support according to your assessed needs and care plan.

Scheduled care means that you require care at predictable times (such as helping get dressed in the morning) and staff are available to help you within an agreed upon period of time.

Unscheduled care means you have care needs that do not necessarily happen on a predictable basis (such as requiring help to the toilet) and there are staff you can call when you need assistance.

Personal and Health Services

- Personal services such as advanced foot care, hairdressing, dental care, and/or vision care may be accessed in the community or within the facility. You are responsible for any cost and payment is generally made directly to the service provider.
- Transportation is the responsibility of you or your designated family/ support person for all off-site appointments such as medical and dental appointments, and family outings, unless otherwise specified.

Once you are assessed and informed which type of continuing care home you are eligible for, additional details about the continuing care home type will be provided. If you have any questions about the type of continuing care home you have been assessed for, please discuss this with your case manager.



The First Step in Your Journey

Talk to a Case Manager

The first step is meeting with your Assisted Living Alberta case manager. Your case manager is a healthcare professional who will complete an assessment, help identify your needs and support you in finding the services that meet your needs.

If you are in a hospital, a case manager/transition coordinator may contact you before you are discharged to start the process of accessing continuing care services.

Assessment

Your home is the best place for an assessment for continuing care services. In rare situations, assessments are completed in a hospital setting if the healthcare team determines it is appropriate and all other options to meet your assessed needs have been explored.

An Assisted Living Alberta case manager/transition coordinator will meet with you and your designated family/ support person(s) to complete an assessment. The assessment collects information about your physical function, mental health, social needs, and financial situation. The purpose is to assess your needs with a focus on all the factors that impact your health.

You can learn more about this assessment on the Continuing Care website at <https://www.albertahealthservices.ca/cc/Page15487.aspx>.

The assessment requires your active involvement. There will be opportunities to tell your case manager anything you think is important and ask any questions you may have. When you share your beliefs, values, cultural practices, and what matters to you, we shape more inclusive and supportive care together.



The Second Step in Your Journey

After Your Assessment

After your assessment, your case manager will discuss the type of continuing care home that will meet your assessed needs and the services they offer.

If you are in a hospital setting, and you are unable to be discharged home, you will be transferred to a continuing care home that meets your needs. If you decide that this space is not where you want to live, information about the process to move to a continuing care home of your choosing will be provided.

In some instances, you may require a specialty continuing care home to meet your care needs. This may limit your options as not all sites support special care needs.

If you are waiting in hospital (e.g., acute care, sub-acute, transition space), you will pay a daily charge similar to the accommodation charges in a continuing care home.

At this point in your journey, you should also review your finances so that you have an understanding of services you can afford and if there are any benefits that you may be eligible for.

Information about reviewing your finances can be found on the Government of Alberta website at <https://www.alberta.ca/affordable-housing-and-homelessness-supports> and <https://www.alberta.ca/family-and-social-supports-topic>. Speak with your case manager about the costs for the type of continuing care home that meets your needs.

