

Overview of the Proposed Long Term Facility- Fall River NS

Long-term care facilities licensed and funded by the Department of Health and Wellness provide services for people who need ongoing care; either on a long-term basis (permanent placement) or short-term basis (respite care).

To apply for residency in a Long Term Care Facility in NS, individuals use a toll-free number (1-800-225-7225) to contact the Continuing Care Division of Nova Scotia Health. A Care Coordinator will assess the individual's needs to identify the best method of having needs met. If the Care Coordinator determines that Long Term Care Facility Placement is required, then the individual identifies the top 3 facilities in the province where they would like to reside.

Long-term care costs are shared by you, as the resident, and the provincial government. The Department of Health and Wellness pays for the health care costs, and you pay your accommodation costs and personal expenses.

There are two types of long-term care facilities available, Long Term Care Facilities and Residential Care Facilities.

We are proposing an approximately 100 bed Long Term Care Facility for the Fall River Project.

Long Term Care Facilities are important options for people who have difficulty performing everyday tasks such as, dressing, bathing and toileting. Long Term Care Facility placement is appropriate for people who are medically stable but have nursing needs that cannot be met through home care.

Long Term Care Facilities provide nursing and personal care on a 24-hour basis including care given under the supervision of a nurse, administration of medication and assistance with daily living. RN, LPN, CCA and other care providing staff/Assistants are on site 24/7. Staff administer all medications, medical treatments, and assist with personal care for residents.

Long Term Care Facilities have medical advisors but residents may continue to visit their family doctor. Physicians typically do regular rounds and provide on call support. These services are typically provided through collaboration with the local physician community.

Other services include physiotherapy, occupational therapy, recreation, and those provided by a Social Worker. These services are delivered by individuals holding professional designation and are typically available during day/evening shifts unless there are special circumstances. These services are designed to support individuals remain as independent as possible. The facility design and technology included in the facility will promote independence as well.

Residents are served three meals per day and snacks. Menus consider residents' preferences, accommodate special diets, and follow Canada's Food Guide. The Dietary Team lead by professional dietitians assess individual dietary needs and deliver quality/nutritious diets and oversee speciality diet requirements and preparations. There will be an industrial style kitchen on site in the facility.

Residents usually have private bedrooms but shared accommodations are available for those who prefer that living arrangement. (i.e. couples) Common spaces include dining and living areas, indoor recreation spaces and outdoor spaces.

In the pre pandemic environment, individuals were free to interact with the community and the community/volunteers/ families were encouraged to be a part of every day life of the facility. There are security accommodations however for those who are not competent or it may not be safe for them to leave the facility alone. These accommodations are provided for in the most un intrusive way possible.

The Department of Health and Wellness is responsible for licensing Long Term Care Facilities under the Homes for Special Care Act. The licensee is responsible for ensuring facilities comply with legislation and requirements for their facility. When deficiencies are identified, requirements are issued to the facility in the form of a licensing inspection report. Facilities are required to provide confirmation of compliance to DHW when deficiencies are addressed.

A written Project/Design rationale (explain the proposal and how it satisfies applicable Municipal Planning Strategy policy and relates to adjacent lands)

Proposal:

To use one of the five buildings planned for the aging-in-place development of Opportunity Site B, in Fall River, as a long-term care facility (nursing home). A long-term care facility would provide a synergy with the other independent style buildings planned for the site, bring a higher level of services to the overall project, and allow more seniors to remain in their community.

Municipal Planning Strategy policies:

The MPS is a strategic document that sets out the goals, objectives and direction for long-term growth and development in Fall River. The MPS was amended in 2019 with the creation of the River-Lakes Residential Campus Zone for the development of Opportunity Site B. While the words nursing home or long-term care facility are not specifically listed in the new zone, the MPS on a number of occasions, references a level of services of personalized care and help with activities of daily living that can be clearly associated with a nursing home.

In the staff report dated October 22, 2018 and submitted to North West Community Council on January 14, 2019 as part of the MPS amendment process, the project was described as, "The proposed development is for an enriched living care facility intended to respond to market demand for housing that is designed to meet the changing needs of citizens as they age."

- Having one of the 5 buildings as a long-term care facility, enriches the overall project and provides much more of an opportunity to meet the changing needs of citizens as they age.

River Lakes SPS, pg 102: "A variety of housing types should be permitted...In particular, a senior citizen complex that provides housing for graduated levels of assisted living should be developed in the River Lakes Village Centre Designation **and on selected sites** within the River Lakes Secondary Planning Strategy Area to enable residents to remain in their community through all stages of their life."

- The addition of a long-term care facility on the site will achieve exactly what is written above. From the independent living units through to long-term care units residents, graduated levels of assisted living can be provided depending on need. There is no doubt that the addition of a long-term care facility will enable residents to remain in their community through all stages of life.
- There will be significant synergies between the services provided by the long-term care facility and services planned for the other buildings on the site. From the outset it will broaden the range of services available on site to all residents and with the availability of more services, should allow the residents in the independent units to stay in them longer as well.

River Lakes SPS, pg 110: " There is a desire to allow for the development of alternative housing forms to accommodate the housing needs of seniors....In particular,....to meet the urgent needs of seniors who wish to remain in the community."

- A long-term care facility is an alternative housing form. As the name states, the residents are there for the long term to live a full life and be a part of the community. Even though they may need a higher level of care they have the same desire to remain in the community as has an independent 55+ resident.
- There are currently no long-term care facilities in Fall River and the surrounding catchment area. This facility would be available to all the seniors of the area who require this type of placement.
- The urgent need expressed in the MPS is only going to get more acute in the coming years. Within a 10 km radius of the site there are currently 16,603 persons 55 years and above, with a 4.8% anticipated population change to 2021. To help meet the housing needs of this growing demographic, the housing forms should include long-term care units.
- As part of the Campus, the architecture and style of the long-term care facility will be uniform with the other buildings planned for the site. It will not in any way negatively impact the adjacent lands that abut the project site.

River Lakes SPS, pg 114: "Site B provides an opportunity to develop a series of multiple unit dwelling(s) with services and amenities provided on site. The purpose of this housing option,....., is to support those individuals who may need personalized services or help with activities of daily living."

- A long-term care facility would be one in the series of multiple unit dwellings on the site enhancing the range of services and amenities. It will be able to provide a higher level of personalized services and daily help to not only its residents but all residents on site.
- Conversely, the services and amenities of the independent style buildings will also be available to residents of the long-term care facility. This would include the outdoor spaces and gardens.

It is interesting to note that even before the River-Lakes Residential Campus Zone was created, the MPS for Planning Districts 14 and 17 provided for the development of nursing homes in residential zones.

P-53 "In recognition of the range of individual needs in all communities, it shall be the intention of Council to permit nursing homes....within any residential zone...."

- Council clearly had the foresight of permitting nursing homes in almost all residential zones. With the plan for the Carr Farm development, an addition of a nursing home blends perfectly with Council's intent in permitting nursing homes.
- The previous zoning of Opportunity Site B was R-1b which permitted the development of a 24-hour care nursing home facility for individuals who can no longer live independently homes. It only makes sense with the overall development plan for the site that nursing homes should be a permitted use, as they were for this site previously.

As detailed above the proposal of including a long-term care facility to the overall development of Opportunity Site B satisfies the MPS policy for planning district and in many ways improves upon it. The bottom line is that the proposal will allow more seniors to remain in their community.