

## Costs

There is a minimum monthly fee for the C3 program. This fee includes lunch, transportation to and from Carewest Sarcee, home support, 24-hour phone system, respite care, etc. Your medication costs will be processed monthly. We can accommodate 90 seniors in the C3 program, to which no one will be denied access because of inability to pay.

## How to Join

- Participants must live in southwest Calgary within 30 to 45 minutes from Carewest Sarcee.
- For more information about the C3 program, call the Client Service Manager at 403-686-8110 or the social worker at 403-686-8150.

## Carewest Sarcee



3504 Sarcee Road S.W.  
Calgary, AB T3E 4T4  
Phone: 403-686-8140

## Innovative Health Care

Carewest is a leading-edge health care organization that provides long-term care, rehabilitation and recovery services and community programs for adults of all ages. As Calgary's largest care provider of its kind, Carewest operates nine sites and several community services aimed at helping people live more independent lives.

## The Calgary Health Trust

The Calgary Health Trust fundraises for excellence in health care and contributes to the quality of life for those served by Carewest. To donate please call 403-943-0615 or visit our web site at [www.calgaryhealthtrust.org](http://www.calgaryhealthtrust.org)

Calgary Health Trust Charitable Reg. (B.N.)  
89383 4697 RR0001



Comprehensive  
Community Care (C3)  
at Carewest Sarcee



[www.carewest.ca](http://www.carewest.ca)  
November 2008



## Welcome

Welcome to the Comprehensive Community Care (C3) program at Carewest Sarcee. The C3 program is for seniors with chronic illness who live in southwest Calgary and require a great deal of support to live at home. If you need ongoing medical care, home services and day support to remain independent at home, the C3 program could be for you.

## Managing your Health Care Needs Under One Roof

Our objective is to help you manage your physical, medical and social well-being. We will help you with medications, laboratory tests, specialist appointments and therapy – everything you need to stay independent and in charge of your own life.

## At Home

Our Community Care Assistants will help you with managing your personal care (such as bathing, getting dressed, taking medications, etc.). You also have the security of knowing a Registered Nurse is just a phone call away – day or night through our 24-hour telephone service. We may also phone you from time to time to remind you about your medications and to make sure everything is okay.

## At Carewest Sarcee

Our bus will pick you up to come to the Day Centre at Carewest Sarcee two or more days a week. Our team of health care professionals will help you stay as healthy and independent as possible. You may be seen by any members of the Care Team (depending on your special needs). Our pharmacy will provide your medications.

## Social Opportunities

Social opportunities are an important part of the C3 program. The Day Centre provides an ideal environment to make friends and take part in meaningful activities.

## Physicians

As our objective is to assist you in managing your health care, we have our own physicians. This means that once you join the program, one of our family physicians will direct your care.

## Respite Care and Short-term Treatment

You can stay overnight at Carewest Sarcee if your caregiver is away or needs a rest. There are six beds for respite care and short-term treatment. Respite care should be arranged ahead of time. You may also be admitted to Carewest Sarcee for short-term medical treatment when you are too ill to stay at home.

## The Care Team

At C3, we work as a team to give you the best care possible. If you decide to join C3, you and your family will automatically become part of the team, which includes:

- You, the client
- Your family (with your agreement)
- Community Care Assistant
- Dietician
- Family Physician
- Nursing Staff
- Occupational Therapist
- Pharmacist
- Physical Therapist
- Recreation Therapist
- Social Worker

## Day Centre

### Hours

The centre is open between 8:00 a.m. and 4:00 p.m., Monday to Friday. Most clients arrive at 9:30 a.m. and leave around 2:30 p.m.

### Phone

403-686-8140. This number is answered after hours by an answering service.

### Meals

Lunch is provided at the Day Centre.

### Transportation

A Carewest bus will pick you up in the morning and take you home in the afternoon.