

## Costs

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

## How to Join

- Clients are referred through the Single Point of Entry at 403-943-1920
- Calls to the C3 Program are also welcome:  
Sarcee: 403-686-8140  
Beddington: 403-520-3350

## Locations

### Carewest Sarcee

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

### Carewest Beddington

306 - 8120 Beddington Blvd. N.W.  
Calgary, AB T3K 2A8  
Phone: 403-520-3350

## 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 13 locations 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 helps ensure the quality of life for those served by Carewest. To donate please call 403-943-0615 or visit [www.calgaryhealthtrust.org](http://www.calgaryhealthtrust.org)

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

## Philosophy of Care

In support of our Carewest Frame of Reference, our Philosophy of Care is:

**To provide our residents and clients with quality care in safe, comfortable and supportive environments.**



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

October 2016



Comprehensive  
Community Care (C3)



## Welcome

Welcome to the Comprehensive Community Care (C3) program at Carewest. The C3 program is for frail seniors with chronic illness who live in Calgary and require extra 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 partner with you to manage your physical, medical and social well-being. We will assist you with medications, laboratory tests, specialist appointments and therapy.

## At Home

Our Community Care Assistants can assist 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 and Carewest Beddington

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

## Short-term Treatment and Respite Care at Carewest Sarcee

Carewest C3 has a limited number of short-stay beds available. You may be admitted to Carewest Sarcee for short-term medical treatment, at no cost, if you are too ill to stay at home. It may also be possible (depending on availability) for you to stay overnight here, if your caregiver is away or needs a rest. Respite should be arranged ahead of time. A fee for respite stay will be charged.

## 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 partner with the team, which includes:

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

## Day Centre

### Hours

The centre is open between 8:00 a.m. and 4:00 p.m., Monday to Friday.

### Phone

403-686-8140 at Carewest Sarcee and 403-520-3350 at Carewest Beddington. These numbers are 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.