

## Alcohol and Drug Use

We recognize alcohol and/or drug addiction as treatable illnesses and support residents to receive appropriate treatment and follow up to ensure optimal quality. CollegeSide is committed to providing healthy and safe environments for living and working.

Any reports of use of illegal substances will be investigated and followed up with appropriate measures and possible dismissal.

## Visitors

This is your home; we encourage you to invite visitors! Please ensure any visitors are aware of CollegeSide's standards of conduct to ensure an optimal experience. Visitors are asked to refrain from using the entrance off of the Young Adult unit as it is strictly for resident use and is locked at all times. Please enter through the main entrance.

Public health regulations are in place to protect residents from food related illnesses. Please ensure you are familiar with the food safety regulations prior to sharing any food prepared outside of the facility. There are food safety brochures available at the front reception.

## Pets

CollegeSide recognizes the important role pets play in enhancing quality of life. Pet visits are a part of our commitment to providing a homelike environment.

In recognizing that there may be residents and staff who suffer from allergies to pets, we ask that visiting pets be clean, well-mannered and your visit be contained to your loved ones room of the house. Due to public health requirements pets are not allowed in food service areas.

## Finances

CollegeSide supports your personal autonomy in managing your personal affairs; if you are unable to manage your finances and/or legal decision making documents, information is available about community resources that are able to do so for you.

## Respectful Environments

We value all members of the Bethany community and support an environment that is free of abuse and harassment. Any act of verbal or physical abuse, harassment or mistreatment committed by or against any resident, employee, family member, or volunteer will not be tolerated.

Please see our, *“Creating Safe and Respectful Communities”* brochure for more information.

## Concerns and Complaints

Bethany is committed to improving quality by seeking feedback from people who use our services.

Feedback forms are available at the entrance to the Young Adult house. Residents and their family members are encouraged to use these forms if they have a comment or concern.

Please refer to the Resident Handbook for more information regarding concerns resolution.

For more information about the **Young Adult Program** at Bethany CollegeSide, please contact:

### Bethany CollegeSide (Red Deer)

Administrator: 403.357.3700

99 College Circle

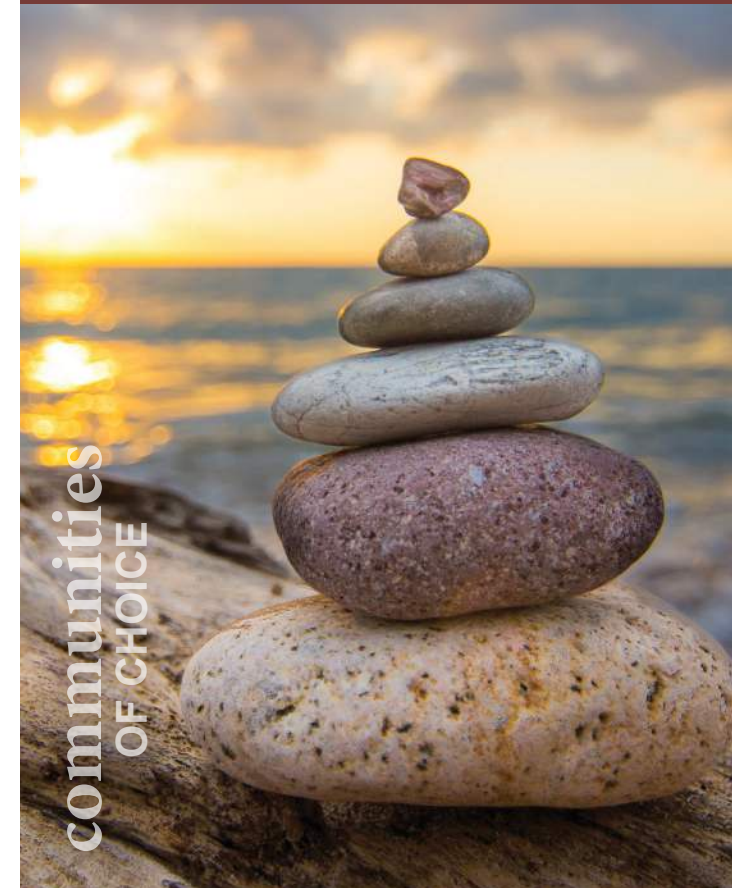
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**bethany** COLLEGESIDE  
CREATING CARING COMMUNITIES

# Young Adult Program



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## Overview

The **Young Adult Program** at Bethany CollegeSide is located on the grounds of Red Deer College offering many amenities at Red Deer College as well as public transportation access to the larger community.

The home is designed to enable residents to have personalized space, with privacy. Communal areas provide the comforts of home and support socialization.

Staff are committed to providing the highest standards of professional care in a welcoming and relaxed home like environment. Staff encourage and assist residents to maintain their independence, dignity and individuality.

Bethany CollegeSide's approach to young adult care is centered around services that foster self-determination and choice.

Residents are supported to participate in making decisions related to personal preferences such as when they would like to wake up, go to bed, shower etc. and are encouraged to participate in the governance of the young adult house through the resident Council.

Residents are encouraged and supported to achieve their highest level of functioning and independence and to take an active role in determining how they want to live their life.

Residents are encouraged to remain connected to their community and to take opportunities to participate in community social and recreational experiences.

Family support and involvement is very important to residents and integral to the provision of quality care. Family members are encouraged to become an active part of the Bethany CollegeSide community.

***Bethany's Philosophy of Care is built on the principles of Person Centered; Relationship Focused; Therapeutic Environment and Enabling and Participating.***

A detailed overview of the Philosophy of Care can be found throughout the care center and is also available for you as part of the admission package.

## Person Centered

The Young Adult Program philosophy is built on the understanding that each resident has unique needs, wishes and dreams resulting in a program that is individualized, holistic and focused on the enhancing quality of life for the individual first and the community second.

## Relationship Focused

Positive relationships between staff, volunteers, residents and families promotes healing and quality of life for all.

We all play an important role that is intertwined and interdependent upon one another. The Young Adult Program is committed to maintaining a strong, supportive community through investing in relationship building.

## Therapeutic Environment

The Young Adult Therapy team works collaboratively with residents and focuses on therapies that support residents to maintain functionality and independence as long as possible. If needed referrals to additional therapeutic services such as physiotherapy, speech and language pathology, audiology, respiratory therapy and mental health services can be coordinated by the therapy team.

## Enabling and Participating

Residents are supported and encouraged to meet their full potential by being actively involved in all aspects and activities of the program. We promote active involvement in planning around personal goals and support resident to attain their goals.

## General Information

### Admission

Admission to the program is arranged through the Alberta Health Services and the site admissions committee. While there are many aspects to the criteria for admission, residents are expected to participate in the **Young Adult Program** to the greatest extent possible.

The specialized nature of this unique program depends on resident involvement and active participation.

### Smoking

Bethany is committed to providing a non-smoking environment. We recognize tobacco product's addictive qualities and support tobacco cessation programs for residents who wish to reduce their use. Smoking is not permitted at any time on the property including sidewalks, entry areas, lawns, gardens or patio areas.

Residents and guests may choose to smoke off of Bethany property in the designated area provided. A risk assessment will be performed on every resident that wishes to continue to smoke to ensure safety for that resident.