

Welcome to
Bethany's Community
**Alternate Level of
Care (ALC)**



What is the Alternate Level of Care Program (ALC)?

Through Bethany's partnership with Alberta Health Services (AHS), the Alternate Level of Care (ALC) program at Bethany Calgary contains 69 beds in total; 42 in non-secured and 27 in secured, that provide transitional care for residents who no longer require acute care services, are medically stable and are being assessed for a designated living option or returning home. This is part of Bethany's vision of *Leading the Transformation of Albertans Aging Well*.

The AHS transition services coordinator and the team work closely with the family and other care providers to ensure a smooth transition.

Our ALC program operates in accordance with Bethany Values:

- We Care
- We Show Respect
- We Are Responsible
- We Embrace Diversity

Our goal is to create a homelike, calming environment, with the routines of normal daily life providing therapeutic stimulation.



Transition

When you are admitted to the ALC program at Bethany, the healthcare team will work with you and your family to assess your needs and plan your discharge.

You, your family, the Bethany healthcare team and the AHS transition services coordinator may decide based on your needs where you will be discharged. You may be discharged home or placed in a designated living option. An assessment undertaken by the AHS Transition Services Coordinator will help determine the designated living option.

Meet the Team

Our interdisciplinary team offers professional care and support for residents and their families. The ALC program offers enhanced staffing in many areas and includes discharge planning, maximizing benefits, designated living option assessments and rehabilitation. Team members include:

- Physicians
- Registered nurse
- Licensed practical nurse
- Health care aide
- Program clerk
- Social worker
- AHS Transition services coordinator
- Physical therapist
- Occupational therapist
- Occupational therapy aides
- Recreation therapist
- Recreation therapy aides
- Spiritual care chaplain
- Clinical educator
- Pharmacist
- Dietitian



What about Activities?

There is always something happening in ALC. We love activities because they are a meaningful way to engage residents. The activity calendar on our bulletin board says it all: bingo, hymn sing, crafts, exercise, music, mental aerobics, high tea, gardening and please bring comfortable shoes for dancing!

Alternate Level of Care residents also have the opportunity to benefit from rehabilitation services.

Dining Facilities

We have a dining room and atrium for resident and visitor use, so our residents can engage in social interaction at meal time or book this room for special occasions.





Holistic Care

At Bethany, our residents benefit from holistic care of the mind, body and spirit. We understand the importance of spiritual care for our residents and include a spiritual component as part of every resident's assessment, completed by a professional chaplain.

We are respectful of all spiritual beliefs and have established relationships with many inter-faith partners to ensure all residents' spiritual care needs are met.

What Experience do Staff Have?

Members of the ALC team are highly committed, skilled and experienced in providing care for residents admitted to our program. Our team members regularly participate in learning opportunities to continually enhance our knowledge on current best practices and research.

Where do Family Members Fit In?

Family members are important members of the team. We are committed to sharing information with you and we value your contributions. This is a difficult journey for families, and we offer support and education to help you along the way. That's why we encourage families to have regular contact throughout the program. We also understand that it is important for you to live a balanced life and hope you will take whatever time you need for yourself, knowing that your family member is in good hands.

Contact Information

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