



Young Adult Program

bethany[®]
CREATING CARING COMMUNITIES

Overview

The **Young Adult Program** at Bethany Calgary is located in the northwest community of West Hillhurst offering many amenities 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 homelike environment. Staff encourage and assist residents to maintain their independence, dignity and individuality.

Bethany Calgary'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 neighbourhood through the Resident and Family 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 various 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 Calgary 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.

Our highly trained Spiritual Care staff seek to engage with our Young Adult residents to seek meaning and purpose in their new home.

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 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 residents to attain their goals.

General Information

Admission

Admission to the program is arranged through the *Alberta Health Services(AHS) Transition Services* and the Care Services Manager. While there are many aspects to the criteria for admission, the key criteria are as follows:

- Be between 18 to 60 years old
- Require support for personal care that can be managed in a long term care setting
- Have complex medical diagnosis with underlying stable mental health conditions and emotional conditions where AHS determines alternative care environments cannot provide adequate support services
- Willingness to participate in the *Young Adult Program* and development of an individualized care plan.

Prior to admission, all care needs are reviewed to ensure that the Bethany *Young Adult Program* will be a good fit to meet the individual needs.

Smoking

Bethany is committed to providing a smoke-free environment. We recognize tobacco product's addictive qualities and support tobacco cessation programs for residents who wish to reduce their use. Smoking is only permitted for Young Adult Program residents in the designated smoking area.

Smoking (continued)

Residents and guests may also choose to smoke off of Bethany property.

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 care. Bethany Calgary is committed to providing healthy and safe environments to all residents. We work from a Harm Reduction approach in collaboration with Alberta Health Services to ensure that all residents receive accessible, equitable, non-judgemental, compassionate, and evidence-based care that is respectful of individual rights and dignity. The priority is to decrease harm and promote wellness.

Bethany has a policy on non-medical use of alcohol and cannabis. A copy of this policy will be provided upon request.

Visitors

This is your home; we encourage you to invite visitors! Please ensure any visitors are aware of Bethany Calgary's standards of conduct to ensure an optimal experience. Please enter through the main entrance located on level 6.

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.

Pets

Bethany Calgary 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 are in compliance with our pet policy; be clean, well-mannered and your visit be contained to your loved ones room of the care centre. Due to public health requirements pets are not allowed in food service areas.

Finances

Bethany Calgary 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.

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

Bethany Calgary

Administrator: (403)284-6013

916 18a Street NW

Calgary, AB T2N 1C6

info@bethanyseniors.com

BethanySeniors.com