

October 3, 2013

## From hospital bed - to home, happy, and on the mend

### A story about Florence, Theresa and the Homeward Bound Program

Florence, 82 years old, lives at home, and like many other people at around 11:40 in the morning, was on her way to the kitchen to make lunch. It was a perfectly normal Monday right up to the moment when Florence missed her footing on the last step of the stairs.

This is when gravity took over and turned a perfectly normal day, into an unplanned visit to the local Emergency Department.

Although Florence is fictitious, her story is more common than people realize. And for a woman named Theresa, this story didn't fall far outside of the truth. While the details of Theresa's story are her own, what is the same is that she found herself in the local Emergency Department after experiencing an unexpected health care emergency.

After a bit of time healing, Theresa and her family faced a barrier – returning home. She had recovered to a point where staying in the hospital was no longer needed, but was not quite well enough to return safely home without some short-term care support.

This is where the Red Cross Homeward Bound Program stepped in.

With some much-needed 3-day support from this community agency, Theresa was able to fully recover, and, in her own words, “get home and situated”.

*“One of the key pieces when linking clients to community agencies and programs is to ensure they have adequate supports in place to remain safely in their homes.*

*We also perform an environmental assessment of their homes to help deter any slips, trips or falls. For example: Grab Bars, remove scatter rugs, and remove step stools.”*

**Cheryl Tompkins**  
Senior Manager CSS Programs  
Community Support Services  
Canadian Red Cross



Ontario

Erie St. Clair Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
d'Érié St. Clair



# Erie St. Clair LHIN HEALTH CARE UPDATE

[www.eriestclairhin.on.ca](http://www.eriestclairhin.on.ca)

The Homeward Bound Program offers seniors access to services such as transportation, Meals on Wheels, home management, and companionship. But for Theresa it was about more than just services, it was about “The respect and care given from the wonderful caring people”. According to her, the program has very likely prevented another trip to the hospital – which is great news for both her and her family.

“Homeward Bound Program is helping us move on with a good, positive attitude.” - Theresa

For more information about the Homeward Bound Program, visit [www.redcross.ca](http://www.redcross.ca) or call 519-332-6380.

## LEARN MORE

For more information about the Erie St. Clair LHIN, please visit: [www.eriestclairhin.on.ca](http://www.eriestclairhin.on.ca)

For more information please contact Shannon Sasseville, Director, Communications and Public Affairs, Erie St. Clair LHIN, at 1-866-231-5446 ext. 3225 or at [shannon.sasseville@lhins.on.ca](mailto:shannon.sasseville@lhins.on.ca)

## ABOUT THE ESC LHIN

The Erie St. Clair LHIN is a Ministry of Health and Long-Term Care agency that plans and pays for health care services totalling a billion dollars a year in our region alone – everything from hospitals to Meals on Wheels.

The Erie St. Clair LHIN strives to make the health care system better by understanding and responding to local needs and by getting services to work together more efficiently. That’s how we’ll all get better health care, while saving money and making the system sustainable for our children and grandchildren.



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