

# All you need to know about Transitional Health



# 1. News

West Bedford Transitional Health, the first specialized transitional health centre in Nova Scotia, has opened its doors.

Developed through a partnership between Nova Scotia Health and Shannex, the centre will welcome 68 patients over the coming months. By 2026, it will expand to include additional 110 rooms.

Here's what you need to know.

## 2. What is it?

Transitional Health provides **short-term care** for adults who no longer need acute care but need more time to return home.

**The goal** of the centre is to **help patients recover**, regain strength and build the confidence they need to return to their community.

# 3. What to expect at the centre?

**When you arrive**, the care team will give you a tour and answer any questions.

**When you are admitted**, the team will assess your health, care needs and social supports. Based on that, they will create your personalized transition plan.

Every day, patients see a physiotherapist and have recreation time.

**While you are at the centre,** the team will help you:

- become as independent as possible
- recover, build skills and confidence
- learn to manage your medication and medical equipment
- find resources you might need
- arrange follow-up and in-home appointments for when you leave transitional centre.

## 4. Is there support for me when I go home?

Yes. A **community outreach team** works closely with patients for up to 16 weeks following your stay at West Bedford Transitional Health.

The team conducts home visits, sets up necessary equipment, services and technology and responds to issues that arise. This holistic support helps ensure your well-being and safety.

## **5. How to get a referral?**

Nova Scotia Health gives a referral based on clinical criteria. Speak with your healthcare provider for more information.

## **6. Can I get a referral from any hospital in HRM?**

West Bedford Transitional Health accepts referrals from Nova Scotia Health inpatient units in Central Zone.



## 7. Is there a cost?

If during your stay it's determined you cannot return home, due to medical or personal changes, and need to be transferred to a long-term care facility, an **Alternate Level of Care fee** will apply. This fee is similar to long-term care accommodation cost.

If you can return home, there is no fee.

For more information, contact Nova Scotia Health's Finance Team:

- Toll-free: 1-844-783-7416
- [nshaaccountsreceivable@nshealth.ca](mailto:nshaaccountsreceivable@nshealth.ca)



## 8. Can my family visit?

Your loved ones and support people are a key part of your care.

On your admission day, you get to decide **who can visit** you during your stay.

There are no set visiting hours at West Bedford Transitional Health, so the people you've chosen can visit you **at any time**.

# 9. How does it help me and the community?

1. Transitional Health helps patients regain strength and mobility, **reducing** hospital **readmissions**.
2. Patients receive **personal care plans** that hospitals may not have the resources or time to provide.
3. Caregivers have **more time to prepare** for care recipient's return home or move to the long-term care.
4. By freeing up hospital beds, the centre **reduces wait times** for urgent care patients.

# 10. What should I pack?

When referred to transitional health centre, pack the essentials:

- Clothing: comfortable daywear and pyjamas.
- Footwear: non-slip slippers and sturdy shoes.
- Personal care items.

