

What is Continuing Care?

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What is Continuing Care and who can I talk to?

Continuing Care is made up of three main levels: Home Care, Designated Supportive Living and Long Term Care. To get started, you need a [case manager](#).

Home Care: Most people want to stay in their own home for as long as possible. Home Care providers make regular visits to help you with personal hygiene and healthcare needs.

Designated Supportive Living: Provides accommodation, meals and some health supports yet still allow residents to live independently in a home environment. Supportive living can be in facilities or personal care homes. Care support is onsite if needed for any reason.

Long Term Care: Supports individuals with more complex health needs whose care cannot be safely provided in their own home, or in designated supportive living. Long term care facilities are sometimes called nursing homes.

Palliative or End-of-Life Care: Offered in any environment so Albertans can experience dignity and comfort in their final stages of life.



Need Health Advice?

[Dial 811](#) to get Health Advice

For more information please visit Alberta Health Services: <https://www.albertahealthservices.ca/cc/page15328.aspx>