



Community Access for People in Continuing Care A Program of Spinal Cord Injury Alberta

Community Access for People in Continuing Care (CAPCC)

An Alberta wide program that assists adults under the age of 65 living in long term care to access and interact with their community and recreation/leisure activities of their choice. The program is intended to address isolation and assist in removing barriers for participants who need assistance in accessing the community.

Services to participate in community based activities, some participants require supports and services from our Community Access Coordinators (CACs) such as:

- Deciding what their interests are.
- Finding a compatible companion.
- Finding out what events and activities are available in their community.
- Providing assistance with any necessary paperwork.

CACs work with residents in long-term care facilities, facility staff and other stakeholders (family members, guardians, etc.) to help residents rediscover their interests, set goals and participate in activities in the community. Companions are not intended to replace health supports provided in facilities, and are not intended to be used as “paid friends”. Family members and friends cannot be paid companions. Activities can include: ✦ Connecting with family and friends ✦ Volunteering ✦ Art classes ✦ Fitness centres ✦ Church or other spiritual activities ✦ Movies ✦ Sporting events



Funding for outings is granted in three categories (based on individualized service plan):

Companion Care: Refers to persons paid to support CAPCC participants in pursuit of the goals in their service plan. This includes, recreational activities, provision of basic personal care while out in the community and supervision for the safety of the participant.

Transportation Fees: Reimbursement of cost of accessible transportation.

Access Fees: Reimbursement for entrance fees, registration fees, etc. (monthly maximums apply)

Background

The CAPCC initiative was created in response to a recommendation of the 2005 MLA Task Force on Continuing Care Health Service and Accommodation Standards. This task force revealed that while some facilities have recreational and leisure programming, it is not always age appropriate. Further, individualized support for those who wish to attend community activities or programs on their own is limited. As a result, individuals not interested in group activities/outings remain isolated within the facility, often in their rooms for most of the day. Many of these individuals struggle with social isolation and loneliness.

Eligibility

For participants between the age of 18 to 65 who live in long-term care facilities and who are able to actively participate in activities in the community.

Find Your Local Community Access Coordinator

Calgary and Region:
karol.gouschuk@sci-ab.ca
(Airdrie)
elysha.velji@sci-ab.ca
(Strathmore, High River)

Edmonton and Region:
kristie.coulombe@sci-ab.ca
(Stony Plain, St. Albert)
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(Sherwood Park, Leduc)

Red Deer and Region:
wanda.seifried@sci-ab.ca
(Stettler, Wetaskiwin, Three Hills,
Drumheller, Castor, Coronation, Hanna,
Lacombe, Rimbey, Innisfail)

Lloydminster and Region:
tegan.maguire@sci-ab.ca
(Camrose, Provost, Wainwright, Vegreville,
and Galahad, Lamont)

St. Paul and Region:
crystal.girard@sci-ab.ca
(Elk Point, Bonnyville, Cold Lake, Smoky
Lake, Lac La Biche)

The Government of Alberta, Alberta Human Services is responsible for funding the CAPCC initiative and provides contract funding to organizations, like Spinal Cord Injury Alberta, across the province to deliver the CAPCC program.