

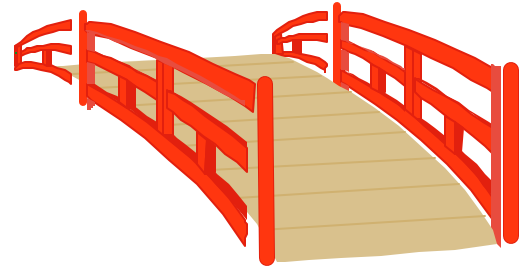
# Partnership in Transitional Care

## Monthly Workshops for Seniors and their Family Members

### Applying for Long Term Care

#### This workshop addresses...

- The steps involved from assessment to admission of the Long Term Care process
- How to select a Long Term Care Home



This workshop will be facilitated by staff from the Champlain Community Care Access Centre (Champlain CCAC)

### Preparing for the Move

#### This workshop addresses...

- Common feelings at this time & ways to cope
- Planning for the day of the move
- Helping your family member adjust to their new home
- Helping yourself adjust and your new role

Workshops are free of charge, and are offered at various locations and times in the Ottawa area.

**For further information and to register, contact Joanne Dyson at  
613-523-4004 x.41 or [jdyson@asorc.org](mailto:jdyson@asorc.org)**

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