Frequently Asked Questions
Behavioural Specialized Unit at Fairview Lodge

1. What is a Behavioural Specialized Unit?

Behavioural Specialized Units are an integral part of the continuum of care for people living with responsive behaviours (e.g. dementia, mental health, substance use and/or other neurological disorders).

Behavioural Specialized Units offer residents enhanced levels of care that is patient-centred and founded in evidence-based practice. Behavioural Specialized Units are designed to provide transitional, specialized support for seniors whose challenging behaviours have become unmanageable in their current setting.

The behavioral support beds are transitional in nature, allowing residents to receive stabilization and then be moved back to the community or long-term care. The anticipated length of stay is 120 days. It is not a fixed period and will depend on the resident and our ability to safely transition the resident to other care.

2. What are responsive behaviours?

According to Behavioural Supports Ontario, responsive behaviours is a term that is often preferred by persons with dementia, mental health, substance use and/or other neurological disorders to describe how their actions, words and gestures are a response to something important in their personal, social or physical environment. These behaviours are often a result of changes in the brain affecting memory, judgement, orientation and mood.

3. How was Fairview Lodge selected as a Behavioural Specialized Unit pilot site?

Through a submission process, the Region of Durham's Fairview Lodge was chosen by the Ministry of Long-Term Care as the pilot site for the Behavioural Specialized Unit. Fairview Lodge was the successful applicant due to several factors, including the availability of an on-site secure unit, the physical infrastructure of the home, an on-site Behavioural Supports Ontario team (a specialized team trained to support residents with complex behavioural needs), and a home in compliance with provincial legislation and regulations where residents receive proper care (a home in good standing).

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4. Where will the Fairview Lodge Behavioural Specialized Unit be located? How will it impact residents currently living on that unit?

One of Fairview Lodge's existing units, the 26-bed secure unit on Marigold Lane, will be converted into the Behavioural Specialized Unit pilot. Residents who are currently on Marigold Lane and do not meet the Behavioural Specialized Unit criteria will be moved safely and with consent to another bed in Fairview Lodge. Options for transition will be discussed with families and decided upon collaboratively.

To help ensure that residents are successfully transitioned from the Marigold Lane secure unit to another Resident Home Area, an on-site Behavioural Supports Ontario Team will be monitoring them. In addition, an enhanced wander management system will be installed and tested prior to the first resident admission. The enhanced system will continue to include the front doors, as well as the home elevators. It can be tailored to the needs of at-risk residents only. Identified residents will wear a wander guard bracelet, which will trigger an alarm if they are exiting seeking.

5. Are there other Behavioural Specialized Units located in Ontario?

The Fairview Lodge Behavioural Specialized Unit pilot will be the first of its kind in the Central East Local Health Integration Network. It is equipped to offer residents with responsive behaviours enhanced levels of care, and is patient-centered and founded in evidence-based practice.

There are currently nine (9) Behavioural Specialized Units located in long-term care homes across Ontario. Staff visited some of these units, considered best practices and lessons learned, and reviewed available resources. This expertise will be applied to the Fairview Lodge Behavioural Specialized Unit.

6. Who will be admitted to the Fairview Lodge Behavioural Specialized Unit?

The Fairview Lodge Behavioural Specialized Unit is equipped to admit people who meet specific criteria and experience behaviours that cannot be cared for in regular long-term care accommodations.

To be admitted to the Fairview Lodge Behavioural Specialized Unit, residents must meet the following inclusion criteria:

- Eligible for Long-Term Care.
- Dementia diagnosis (including young onset dementia).
- Medically stable, including stable mental illness.

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- Ambulatory (self-mobile), ambulatory with aide, or requires one or two person transfer or one-person transfer.
- Responsive behaviours that cannot be managed in current environment.

7. Which individuals will not be admitted to Fairview Lodge?

The priority of Fairview Lodge long-term care home remains the health, safety and well-being of those in our care.

For this reason, we cannot provide care to individuals with the following:

- Major psychiatric disorder.
- Severe behavioural disturbance(s).
- Forensic/criminal/parole conditions without a community support plan, with a high-level risk of reoffending.
- Delirium.

8. How will the Fairview Lodge Behavioural Specialized Unit benefit the wider Durham community?

The Fairview Lodge Behavioural Specialized Unit will be the first of its kind in Durham Region and the surrounding area. The Behavioural Specialized Unit brings a new level of care to the Durham Region community. It provides an enhanced level of care for individuals experiencing responsive behaviours.

Additionally, the Fairview Lodge Behavioural Specialized Unit will benefit from enhanced partnerships with, and expertise from, Ontario Shores Centre for Mental Health Sciences, the Behavioural Supports Ontario Acute Care Registered Nurses at Lakeridge Health and other Central East Local Health Integration Network hospitals, and the Nurse Practitioner Supporting Teams Averting Transfer with the Central East Local Health Integration Network.

9. What is the relationship between the Fairview Lodge Behavioural Specialized Unit and Ontario Shores Centre for Mental Health Sciences?

Fairview Lodge staff will continue to work collaboratively with Ontario Shores. Ontario Shores serves a different population, treating individuals with more severe psychiatric symptoms.

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10. What is the discharge criteria of the Fairview Lodge Behavioural Specialized Unit?

The following discharge criteria applies to residents of the Fairview Lodge Behavioural Specialized Unit pilot:

- The resident has had two months without demonstrating the behaviour that led to the original admission to the Behavioural Specialized Unit, or that the interventions have been deemed to be effective such that the behaviour is not disruptive or placing others at risk.
- The resident is no longer ambulatory, so behaviours are causing less risk for self or others.
- The resident develops a complex medical problem which the Behavioural Specialized Unit or the long-term care home cannot manage.
- The resident requires palliative care which can be managed by the long-term care home or community programs, except for imminent death.

11. How does a resident transition in and out of the Fairview Lodge Behavioural Specialized Unit?

A resident that meets the inclusion criteria can apply through the Central East Local Health Integration Network. Once a bed is available, the resident would be transitioned into the Fairview Lodge Behavioural Specialized Unit.

The Behavioural Specialized Unit pilot has received funding from the Ministry of Long-Term Care for additional staff, and specialized training for employees and volunteers. This expertise will enhance the care provided to the residents on the unit. There will be a higher proportion of registered staff on the Behavioural Specialized Unit, as well as a higher staff to resident ratio overall.

The resident is closely monitored by Behavioural Specialized Unit staff. Once the discharge criteria are met, the resident is supported through the Central East Local Health Integration Network and Fairview Lodge's discharge team to transition to regular long-term care accommodation or back into the community. Residents transitioning to another Resident Home Area at Fairview Lodge will be supported through the on-site Behavioural Ontario Supports Team.

If higher levels of care are required, specialized complex continuing care units and/or other mental health programs may be considered.

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12. What is the expected resident length of stay in the Fairview Lodge Behavioural Specialized Unit?

The Fairview Lodge Behavioural Specialized Unit anticipated length of stay is 120 days. It is not a fixed period, and will depend on the resident and the ability to safely transition the resident to other care.

13. Does this mean that beds will be taken out of the long-term care system?

The Fairview Lodge Behavioural Specialized Unit pilot will have 26 beds available for residents who meet the admission criteria. An existing secure unit in the home will be converted to accommodate the pilot. This process will result in the conversion of 26 beds.

Learn more about the Province's call for applications from current and potential operators to build and redevelop long-term care beds.

14. What will the Fairview Lodge Behavioural Specialized Unit include?

The Fairview Lodge Behavioural Specialized Unit will include 26-beds located in the Marigold Lane Resident Home Area. The unit will contain private rooms at basic accommodation rates, a dedicated dining room, a silent call bell system, a secure outdoor area, enhanced wander management, and an embedded Behavioural Supports Ontario team (a specialized team trained to support residents with complex behavioural needs).

15. What are the next steps for the Behavioural Specialized Unit?

Fairview Lodge will continue to work with the Central East Local Health Integration Network on its project plan for the implementation of the Behavioural Specialized Unit. There will be enhanced staffing numbers on the Behavioural Specialized Unit to meet the complex needs of residents. The home is currently recruiting additional staff to support the unit. A comprehensive training plan has been established.

We anticipate that the unit will open in mid-February, subject to the training of staff. The movement of residents onto the unit will be an ongoing process. Residents will only be transitioned on and off the unit when it is appropriate for them to do so. The Behavioural Specialized Unit will continue Fairview's commitment to person-centred care—with a focus on the resident experience.

As the Behavioural Specialized Unit is a pilot, employees are required to gather continual data and feedback. As families are an integral part of the process and Fairview community, we appreciate your input as well. This information will be submitted

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to the Ministry of Long-Term Care as part of a thorough evaluation of the program, and to help inform other Behavioural Specialized Units in the province.

16. Who should I contact if I have questions about the Fairview Lodge Long-Term Care Behavioural Specialized Unit?

Fairview Lodge Long-Term Care Home: Allison Corby, Social Worker at 905-668-5851 extension 5914.

Central East Local Health Integration Network: Lisa Mizzi, Director, Patient Services at 905-430-3308 extension 5454 or Lisa.Mizzi@lhins.on.ca; or Anjelika Vedenin, Senior Manager, Patient Services at 905-430-3308 extension 5394 or Anjelika.Vedenin@lhins.on.ca.

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