

Health & Wellness



Morning Routine

Level 1: Layout clothing, setup toiletries including toothbrush, wash cloth etc.

Level 2: Partial support with dressing, mouth care & washing.

Level 3: Full assistance with all tasks during morning routine.



Dining

Level 1: Reminders / cueing to support residents eating on their own.

Level 2: Partial support with monitoring, intake & encouragement.

Level 3: Dedicated 1:1 assistance.



Mobility

Level 1: Reminders for residents to walk/ ambulate to and from meals and activities.

Level 2: Walking with residents for small increments of their journey to meals and activities.

Level 3: Dedicated support to ensure residents get from point A to point B, can include continuous re-direction.



Accessibility

Level 1: One person transfer assistance.

Level 2: Two person transfer assistance.

Level 3: Mechanical lift assistance.



Evening Ritual

Level 1: Turn down bed, layout evening clothes, setup toiletries.

Level 2: Partial support with clothing removal, mouth care & washing.

Level 3: Full assistance with all tasks during evening routine.



Medication

Level 1: Twice per day oral medications only.

Level 2: Three times per day puffers, oral medications, drops or patches.

Level 3: Four times per day oral medications, patches or insulins.



Bathing

Level 1: Setup support prior to bathing, staff does not stay during task.

Level 2: Partial assistance with bathing, staff will check in periodically but not remain for full duration.

Level 3: Dedicated support for all aspects of bathing to ensure safety.



Personal Care

Level 1: Cueing / reminders to use toilet or change incontinence products.

Level 2: Partial assistance with continence care including cleansing or changing of products.

Level 3: Full assistance and dedicated support required as incontinence is present.

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PORT PERRY VILLA

15987 Simcoe St, Port Perry | 905.985.3312
venviliving.com