



## Transition Planning: Supportive Recovery

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### What is transition planning?

People who come to supportive recovery assisted living typically stay for short periods of time (three to six months), depending on the residence, the programs it offers, and the person's needs. A transition or exit plan is a resident support plan for when they leave.

Leaving assisted living can be an exciting milestone, but it can also present challenges, especially if the exit is unexpected or sudden. This is because factors contributing to a person's substance use may still be present upon return to their home or community, or they may not yet have fully developed the personal resources needed to sustain their recovery.



Section 45 of the Assisted Living Regulation requires operators to develop a transition plan for a resident when they leave assisted living. The regulation sets out **what** needs to be included in a transition or exit plan and **who** is involved in its development.

Operators can assist individuals to transition out of assisted living by:

- Developing the exit plan as soon as a resident enters assisted living so that everyone is clear about expectations and exit procedures and the resident is well prepared before they leave; and
- Providing programming (psychosocial supports) during their residency that enhances their skills and prepares them for self-sufficiency and community integration.

## **What are some of the reasons a resident may leave assisted living?**

They may leave when:

- They complete their supportive recovery program and are ready to take the next step;
- They are asked to, because they did not follow the rules of the home as outlined in their residency agreement, such as using a medication not permitted in the residence;
- They no longer meet the criteria for assisted living, such as behaving in ways that would put the health or safety of others at risk;
- They abandon the residence.

## **What does an inclusive transition (exit) plan look like?**

Key elements of a plan include:

- The names of the resident's contact person and of others who can support the resident when they leave;
- A likely date or period when the move will happen;
- A relocation plan for the resident;
- Who is responsible for making arrangements if the resident moves to a different type of supported living arrangement;
- What supports are available for the resident when they move out, including information about housing, professional health services and social services;
- Involving the resident in the development of the plan.

Information can be assembled in a resource kit ahead of time, with additional information added to meet the unique needs of each resident.

## **What are an operator's responsibilities when a resident leaves suddenly?**

A person's residency can end suddenly because:

- They abandon the residence; or
- They are required to leave under the terms of the residency agreement.

In either case, the operator needs to:

- Notify the resident's contact person and case manager, if any, so they are aware of the exit;
- Provide the resident with information about housing options, professional health services and social services that may be available;
- Supply a naloxone kit if the person is at risk of an opioid overdose; and
- Make a record of the event and the actions taken.

It is not always reasonable or practical to provide each of these supports, especially if the resident abandons the residence without letting you know. However, operators remain responsible for promoting residents' independence and well-being, while being responsive to their needs, capabilities and preferences. Operators' work in supportive recovery is about creating a safe space for residents and helping each resident gain the confidence and skills they need to return to the community, which includes providing as much support as possible when a resident leaves.

***Be sure to review the Assisted Living Regulation to become familiar with your responsibilities in operating an assisted living residence.***

See Assisted Living in BC, [www.gov.bc.ca/AssistedLivingBC](http://www.gov.bc.ca/AssistedLivingBC) / Opening or Operating an Assisted Living Residence / Tools and Resources.