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<p>Application Process and Admission Date</p>	<ul style="list-style-type: none"> • Complete and submit an application form. A physician must complete the medical assessment portion of the form. Professional referrals are to complete the referral page. • To help prevent delays in processing your application, please ensure all areas are completed and signed/dated in the spaces provided. • When reviewing your application, Lander treatment staff will contact you by phone to complete an assessment to determine acceptance into the program. • Upon approval of your application, an admission date and time will be arranged.
<p>Confirmation of Scheduled Admission Date</p>	<ul style="list-style-type: none"> • After your application has been approved and an admission date set, it will be your responsibility to confirm your booking by calling Lander and speaking with admission staff on the specified date. <u>This step is important</u> as your bed will be cancelled (and re-assigned) if you do not call to confirm. • When confirming, you will be assigned a specific time to arrive on your scheduled admission date.
<p>Must Have 5 Days Total Abstinence</p>	<ul style="list-style-type: none"> • To qualify for admission, and to derive the most benefit from the program, you need to have at least <u>5 days of clean time from ALL alcohol and drugs</u> prior to arriving on your scheduled admission date. • Access the support of a detox facility (if needed) to achieve the required 5 days abstinence.
<p>Tobacco-Free Site</p>	<ul style="list-style-type: none"> • Lander is a tobacco-free site; this includes the building, the grounds and the parking lot. • Tobacco use is not permitted during your stay. Tobacco-dependence support is part of the program, and nicotine replacement therapy products are provided.
<p>Room & Board Fee</p>	<ul style="list-style-type: none"> • \$ 40.00 per day for Alberta residents; \$ 125.00 per day for out-of-province residents • Fees are payable on admission by Cash, Debit, Visa, Mastercard, Money Order or Certified Cheque (non-certified cheques are not accepted). • In instances where a third party such as an agency or employer have indicated they will pay the fees for you, it is important for you to advise the third party that Lander requires written confirmation of this, prior to your scheduled admission date. Having received this confirmation, Lander will send an invoice to the third party following your discharge. • Following admission and creation of an invoice number, on-line payment is an option through the AHS website.
<p>Accommodation</p>	<ul style="list-style-type: none"> • Accommodation is double occupancy (2 per room; each room has its own washroom). Linens and towels are provided. Alarm clocks are provided.

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Transportation

- Transportation to and from Claresholm is your responsibility.
- If you drive yourself, please park your vehicle in one of the outer two isles of the parking lot.
- If you get a ride, please ask your ride to remain on-site until you are admitted.
- There is limited access to/from Claresholm by bus. Please consult Greyhound and Red Arrow bus services for their schedules. Neither service has a depot in Claresholm.
- If considering traveling by bus to Claresholm, please advise Lander of this. (When possible, Lander will arrange for staff to pick you up from the bus drop-off location.)

Items to Bring

- **Luggage – limit to 2 pieces**
- **Toiletries** – shampoo, toothbrush, toothpaste, etc. Note: Lander is a scent-free facility.
- **Medication(s) – a supply of prescribed medication to last for the duration of your stay.** Should your medications change prior to your scheduled admission date, please contact Lander to discuss with nursing staff. Non-prescribed medications will not be dispensed by Lander nursing staff.
- **Appropriate casual clothing**, recreation wear for indoor and outdoor activities, and non-marking runners to wear in the gym. Bring swimwear if you are interested in swimming as an optional activity (and a beach towel if you wish).
- **Spending money (optional).** Some optional recreation and leisure choices are at a cost to you, e.g. materials for craft projects. Bring only small bills.
- **Change (coins)** for vending machines for beverages, snacks, and laundry soap/fabric softener. (All vending machines take loonies.)
- **Phone card(s)** if you plan to make outgoing calls. Take the time to record, on paper, any necessary numbers you may currently have stored on your cell phone (as you will not have access to your cell phone during your stay.)

Prohibited Items:

- Electronic devices such as Cell phones, Pagers, Laptops/Tablets, CDs/DVDs or CD/DVD players, Games, MP3 players, TVs
- Recording devices of any kind (including cameras)
- Tobacco products, Hair dye, Weapons (including pocket knives), Electronic appliances such as fans, kettles, coffee-makers
- Herbal remedies, Health food supplements, Vitamins, Energy or Protein products (beverages, bars, powders)
- Clothing which displays inappropriate messages or alcohol/drug/gambling advertisements.
- Magazines/posters with adult content
- Please note: Internet access is not available to clients at Lander

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Laundry Facilities	<ul style="list-style-type: none"> Facilities are available for personal laundry. No charge for washers/dryers. Laundry soap and fabric softener are available for purchase (\$1.00 each from a vending machine)
Recreation / Leisure Facilities	<ul style="list-style-type: none"> Gymnasium, exercise equipment Pool table, shuffleboard, foosball, Wii, board games, puzzles Piano, guitars (refundable deposit required)
Personal Storage	<ul style="list-style-type: none"> Lock boxes are available to store small personal items. A lock box key may be obtained with a refundable deposit. The Centre is not responsible for lost/stolen articles.
Telephones and Messages	<ul style="list-style-type: none"> Pay phones are provided for making personal calls – all phones accept calling cards or credit cards, one accepts coins. For confidentiality reasons, staff will not respond to personal or telephone inquiries about your participation in treatment. Staff will not confirm your attendance with callers over the phone; instead, a message will be recorded and placed on the message board for you.
Free Time	<ul style="list-style-type: none"> During free time, there are many recreation/leisure options to choose from. This time may also be used to interact with co-clients and to reflect on your personal recovery journey. Note: You are required to remain within the physical boundaries of Lander's grounds for the duration of your stay. Do not schedule any appointments (personal, legal, dental, medical) to fall within the dates you are attending treatment at Lander.
Access to Vehicles	<ul style="list-style-type: none"> There is no access to, or use of, personal (or visitors') vehicles during your treatment stay.
Visitors	<ul style="list-style-type: none"> Individuals supportive of your recovery may visit on Sundays (at the designated time). Visitors are required to check-in with staff on arrival and departure. Visiting is limited to specific areas of the building, and within the boundaries of the grounds. Visitors need to be aware electronic devices are not permitted, and tobacco use is not permitted within Lander boundaries. Pets / animals are not permitted indoors. Pets visiting the site must be kept outdoors and on a leash (or restrained). The owner/client is responsible for the pet at all times, including ensuring there are no safety concerns, and cleaning up after the pet.

(see next page for Lander's location)

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Location in Claresholm

The town of Claresholm is located in southern Alberta, approximately 90 km northwest of the City of Lethbridge and 125 km south of the City of Calgary.

