

FOR IMMEDIATE RELEASE

Revera's Eagle Terrace Recognized as "Quality Improvement Team of the Year" by Ontario Long Term Care Association -

Interdisciplinary Restraint Reduction Team garners top industry award

TORONTO – April 10, 2013 – [Revera Inc.](#), Canada's leading provider of seniors care and services is pleased to announce that Newmarket-based long-term care residence, **Eagle Terrace**, is the recipient of this year's Quality Improvement **Team of the Year Award**, recognized annually by the Ontario Long Term Care Association (OLTCA).

The Quality Improvement Team of the Year is awarded to one or more OLTCA member homes that achieve significant improvements in quality as measured by the Ontario Health Quality Council or other evidence-based, qualitative or quantitative indicators. The Award was presented this week at the joint annual convention of the OLTCA and the Ontario Retirement Communities Association (ORCA).

"We are committed to providing quality, person-centred care for our residents," said Diane Brunelle-Marleau, Executive Director at Eagle Terrace. "This award recognizes all of the team members who contributed to make our goal of restraint reduction a reality. Most importantly, we believe we've made a positive difference in the lives of our residents and families."

Restraints can include a number of devices, such as full or ¾ length siderails on beds, seatbelts, tray tables, and in some cases tilt wheelchairs and geriatric chairs. As providers of person-centred, compassionate care, and in accordance with the Long Term Care Act, Eagle Terrace and Revera practice a philosophy of *least restraint*.

In 2006, Eagle Terrace set out to reduce the use of restraints, creating a dedicated interprofessional team and involving staff, residents and families. Each member of the team was a caring partner involved in collaborative discussion and planning. With a person-centred approach that put the needs and dignity of the resident at the heart of the program, the team implemented numerous restraint reduction initiatives. The team also enhanced education about the risks and benefits of restraints, as well as the best alternatives. Restraint use was cut in half in the first three years of the program, and in 2012, Eagle Terrace achieved its goal of zero restraint use.

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“Successfully reducing restraint use takes time, focus and lots of dialogue amongst staff, residents and families,” said Joanne Dykeman, Vice President, Clinical Services and Quality at Revera Long Term Care. “Eagle Terrace has shown that the effort is more than worthwhile. This achievement exceeds the provincial benchmark and truly provides an inspiration to all of us working in long term care.”

About Revera Inc.

Revera is a leading provider of seniors’ accommodation, care and services; built on a 50-year history of helping seniors live life to the fullest. With approximately 250 sites across Canada and parts of the U.S., we work to enhance lives in our retirement communities, long term care homes, U.S. nursing and rehab centres and through the provision of home health services. Canadian-owned and operated, Revera serves approximately 30,000 clients every day, with the core values of respect, integrity, compassion and excellence at the heart of our business. Find out more about Revera at www.reveraliving.com or find us on Facebook and Twitter.

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