

## Keeping You Connected

[Click here](#) to schedule a visit with your loved or email [research@capitalcare.net](mailto:research@capitalcare.net).

Please provide the following information:

- name of centre and neighbourhood of the resident you would like to speak with,
- best times of day to connect, and type of technology you have and are able to use (smartphone, tablet, apps).

Our staff will do their best to find ways to help you connect with your loved one. Due to a high number of requests, we may not be able to connect you as often as you would like with your loved one. Please bear with us.

Please refrain from calling the centres unless the issue is urgent. The nursing staff need to use the telephone lines to communicate with doctors and to connect with families when residents are feeling unwell.

You may also wish to send a note or postcard to any resident in any of our centres. [Click here](#) for details about the **CapitalCare Foundation's "Let's Connect" postcard program**.