

Full Spectrum of Choice

When it comes to deciding among seniors' housing and service alternatives, everyone and every situation is unique. Thankfully, there exists a broad spectrum of options catering to varying levels of need, preferences and budgets. The following sets out the various options that comprise this spectrum, generally starting with those geared to relatively independent and healthy persons, progressing through alternatives for those with a higher degree of frailty and resultant need.

Home Care Services

For people who need help to achieve and maintain health, well-being and personal independence in their own homes. Services include professional services and support services. Professional services are nursing, social work, physiotherapy, occupational therapy, nutritional services and respiratory therapy. Support services are defined as homemaking and personal care services (bathing, dressing and grooming) and may be subject to a fee. Professional services may be eligible for funding through Regional Health Authorities.

Independent Living

Self-contained apartment-style accommodation geared to seniors who are able to live autonomously. In some cases, coordination of community-based supportive services provided through Home Care may be provided to residents. Tenure may be rental or some form of ownership such as condominium or life-lease. Independent Living Residences may be non-profit or for-profit; rental subsidies may be available for independent living options operated under the government's Senior Citizen's Self-Contained Program.

Supportive Housing

Supportive Housing options are geared to seniors who require varying degrees of support and assistance, but who do not require the services of a long-term care centre. Accommodation may consist of self-contained apartment-style units, private bed-sitting rooms or shared options, and tenure may be rental or some form of ownership such as condominium or life-lease, on a non-profit or for-profit basis. Rental subsidies may be available for residences operated under the government's Senior Citizen Lodge Program. Supportive Housing typically provides 24 hour supervision and emergency response, meal services, housekeeping, transportation and social and recreational activities.

Assisted Living

Part of the Supportive Housing continuum and also referred to as Supportive Housing or Enhanced Residential Care. In addition to the provision of 24 hour supervision and emergency response, meal services, housekeeping, laundry, transportation and social and recreational activities, these residences also provide health and personal care services such as medications management and assistance with activities of daily living (ADLs), such as bathing and dressing. Some residences are subsidized.

Long-Term Care Centres

Long-term care or continuing care centres, also known as nursing homes and auxiliary hospitals, are homes for people who are not able to live independently in their own homes. They provide room and board and a range of care services, from personal care with nursing supervision to skilled medical and nursing care. Eligibility for placement in a long-term care centre is based upon a person's care needs, determined and arranged for by Home Care through Regional Health Authorities. The resident pays for the accommodation, while the government pays care and programs.

Alzheimer Care

Specialized care and supportive programs for persons with Alzheimer Disease or other forms of memory loss or cognitive impairment. Providers may include Assisted Living Residences or

Long-Term Care Centres in a designated, secure section of the residence, as well as Home Care Services.

Source: The Care Guide (www.thecareguide.com)