

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.

Community Support Services

Service which help to support the clients' independence in their own home. Services are non-medical in nature and include meal preparation/delivery, homemaking, home maintenance, transportation, security checks and friendly visiting, among others.

Home Healthcare

For people who need help to remain comfortably and safely at home. Services range from nursing care and specialized therapies, to non-medical services such as meal preparation and homemaking. Certain services may be eligible for funding through Community Care Access Centres.

Independent/Supportive Living

Apartment-style accommodations with the availability of services such as meals, homemaking, 24 hour supervision and social/recreational activities. Tenure may be rental (sometimes adjusted depending upon a person's ability to pay), condominium, life-lease or some other form of ownership.

Retirement Homes

Retirement homes provide accommodation, varying levels of care and supportive services in a residential setting for those who can no longer manage daily living with independence. Homes typically provide meals, social/recreational programs, 24 hour supervision, laundry and housekeeping services, supervision or administration of medications and often a degree of personal care and assistance with the activities of daily living such as bathing and dressing. Rates are not subsidized and depend on the amount of services and type of accommodation.

Assisted Living

Assisted Living refers to providers that cater to persons who are frail and require supervision, hands-on personal nursing care services and frequent assistance with activities of daily living such as bathing and dressing. Care is often provided in a designated section of the residence.

Alzheimer Care

Specialized care and supportive programs for persons with Alzheimer Disease or other forms of memory loss or cognitive impairment. Providers may be facility or community-based.

Long-Term Care Homes

Long-term care homes, also known as nursing homes and homes for the aged, are residences for people who are not able to live independently in their own homes and who require a 24-hour nursing services. Eligibility for placement in a long-term care home is based on care needs, determined and arranged for by Community Care Access Centres (CCACs). The resident pays for the accommodation, while care and programs are paid by the government.

Hospice Care

Hospice Care may be provided in the home or in a facility setting. It aims to relieve suffering and improve the quality of life for persons and/or families living with a terminal illness. Hospice Care may include pain or symptom control, and an array of emotional, spiritual and physical supportive services.

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