

Services & Resources Aging at Home Pt 2

BY: DANIEL
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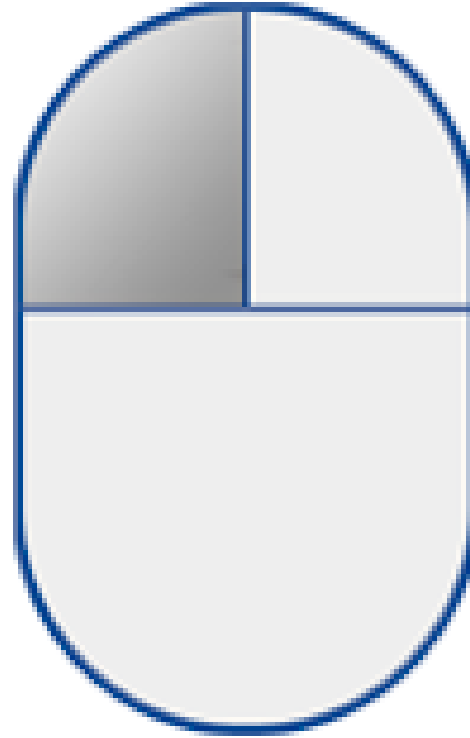
Land Acknowledgment

Let us acknowledge the land on which we gather has been and still is the traditional territory of several Indigenous nations, including the Anishinaabe, the Haudenosaunee Confederacy, the Wendat, the Métis, and the Mississaugas of the Credit First Nation. Since time immemorial, numerous Indigenous nations and Indigenous peoples have lived and passed through this territory. Despite decades of displacement and attempts of assimilation, these nations and the people of these nations are not forgotten.

Sheridan affirms it is our collective responsibility to honour the land, as we honour and respect those who have gone before us, those who are here, and those who have yet to come. We are grateful for the opportunity to be learning, working, and thriving on this land.



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How to *Access* Links

Brendan and Prachi's Aging in Place

Pt 1

- What is Aging in Place?
- Options for planning on the future
- Health Care Consent & Advanced Care Planning
- Falls, Mobility & Accessibility
- Home modification
- Medical Care Alert
- Physical/Cognitive challenges and how to improve

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Content

- Home Care Resources
- Household Resources

- Transportation Resources
- Home accessibility and Maintenance
- Personal Care Resources
- Health Care Resources
- Day Programs/Well-being Resources
- Food Services Resources
- Isolation Resources
- Medical Resources

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- Medical Resources
- Assistive Devices
- Covid-19 Supports
- Elder Abuse signs.
- Financial Supports
- Extensions and Deadlines
- LHIN

What to consider Aging in Place

Where is your home located? Are you in a rural or suburban area that requires a lot of driving? If you're in an area with more public transit, is it safe and easily accessible? How much time does it take you to get to services such as shopping or medical appointments? It's also important to consider proximity to community services and activities.

Range of Services

Exploring the range of services available in senior living, With the options provided within the slides you can decide if aging in place is the best way for you to maintain your independence and make the most aging in place.

How home care services can help you age in place

It may be hard to transition into this type of living and adapt to certain lifestyle changes that are senior friendly. With the resources/options provided you can maximize your senior living.

Home Care Resources

Service Name	Number	Service Offered	Area Served
OCAC	416-310-2222	Assessment home care (mental health and physical, supportive housing and seniors needs.	GTA
SCAL	416-619-5001	Crisis intervention for seniors and access to other community services for mental health.	GTA
VHA Home HealthCare	416-489-2500	Provides personal support workers and other health at home services.	GTA

Household maintenance.

Household maintenance. Keeping a household running takes a lot of work and time. If you're finding it hard to maintain your property you can look into laundry, shopping, gardening, housekeeping, and other services.

Robinson, Saisan, White. (n.d.)



Range of Household Resources

Service Name	Number	Service Offered	Area Served
Downsizing Diva	416-757-0319	Help older adults clear up and move.	GTA
Fresh Start	416-504-4262	Fee for packing up clothing/wash and return.	GTA
VHA (Extreme cleaning services)	416-489-2500	Cleaning service and unit preparation	GTA
Superior Waste	416-213-0444	Large garbage bin pick up	GTA

Snow Removal Resources

Name of Agency	Contact	Area
Humber Community Seniors' Services/Yard work/Odd jobs	416-249-7946	Toronto
Storefront Humber/Yard work	416-259-4207	Toronto
Syme 55 Plus Centre	416-766-0627	Toronto
City of Brampton City Works	Fax: 905-874-2599 Roads@brampton.ca	Brampton

Transportation.

Transportation is a key issue for older adults. perhaps you are finding it difficult to drive at night. Having access to other forms of transportation such as trains, buses, rideshare apps, reduced fare taxis, and senior transportation services can help with aging in place and maintain your social network.

Robinson, Saisan, White. (n.d.)



Transportation Resources

Service Name	Number	Services Offered	Area Served
Ministry of Health and Long-Term Care Assistive Device Program	416-327-8804	Assist with long term disabilities get assistive devices, needs a doctor's note prove eligibility	GTA
March of Dimes	1-886-765-7237	Assistive Devices Program and vehicle modification program.	GTA
Brampton Transit	Tel: 905-874-2750 x16253	\$1 fare for seniors.	Peel

Home accessibility and maintenance

Is your home easily modified?

Does it have a lot of steps or a steep hill to access?

Do you have a large yard that needs to be maintained?

Grab bars in the shower, ramps to avoid or minimize the use of stairs/reduced falls?

Or even installing a new bathroom on the ground floor?



Wellbeing and Resources

Brendan/Prachi Aging in place part 1

https://docs.google.com/presentation/d/1qyaXHrnqP-3c2tJR7YkS5AvQ7C0zZ8UoFg06kxAOFNo/edit?invite=CJ2RwIAD&ts=605aaf10#slide=id.gc9df6f84f5_0_13

Home Modifications

<https://www.assistedliving.org/home-modifications-for-seniors-aging-in-place/>

Senior Link

<https://www.seniorlink.com/blog/home-modifications-for-the-elderly>

Personal Care

Help with the activities, such as dressing, bathing, or meal preparation, also known as personal or custodial care. Home health aides can provide personal care services that range from a few hours a day to around-the-clock live-in care.

Robinson, Saisan, White. (n.d.)



Personal Care Resources

Service Name	Number	Services Offered	Area Served
GTA Caring Solutions	(647) 528-8983	Personal care services	GTA
GTA Home Health Care	(905) 691-7494	Personal care services	GTA
First Class Home Care INC	(905) 636-9995	Personal care services	GTA

What to look for When Hiring Home Care.

Conduct an in-depth interview with each candidate.

Be specific about all of the tasks,

Discuss compensation and payment schedules.

Request several work *and* personal references,

Perform background checks.

If you are working with an agency, make sure you understand what is covered.

Don't be afraid to move on if it's not the right fit.

Robinson, Saisan, White. (n.d.)



Health Care

Some healthcare services can be provided at home by trained professionals, such as occupational therapists, social workers, or home health nurses. Depending on your insurance some of these services will be covered and some services may have to be covered through your expenses.

Robinson, Saisan, White. (n.d.)

Health Care Resources

[Ontario Seniors Dental Care Program](#) : Providing routine dental services for low-income seniors.

[Ontario Drug Benefit](#) : Individual's over 65 have assistance paying medication/prescription drugs.

[Low-Income Seniors Co-Payment Drug Program](#) : Seniors with low-income.

Day Programs / Well-being

Day programs or adult daycare can help you keep busy with activities and socialization during the day, while providing a break for your caregivers, or other forms of activity that stimulate the domains of S.P.I.E.S.

Robinson, Saisan, White. (n.d.)



Day Programs in the GTA

Service Name	Number	Service Offered	Area
WoodGreen Adult Day Program Services	(416) 572-3575	Adult day program	GTA
Acclaim Health Adult Day Program	(905) 827-8800	Adult day program	GTA
Circle of Care Adult Day Program	(905) 738-1128	Adult day program	GTA

Seniors Active Living Centers

- Local Centers offering social, cultural, learning and recreational programs.
- There are almost 300 programs across the province.
- Enter postal code or address
- [Link to Senior Active Living Centres](#)

Food Services

Food is essential and in aging in place we must make sure we are consuming the right foods that will provide our bodies with the correct nutrients to sustain our overall well-being.



Food Service/Low-Cost Resources

Name Of Service	Number/Contact	Service Offered	Area
Daily Bread Food Bank	416-203-0050	Foodbank, call for referrals to banks nearby	GTA
Foodshare	416-363-6441 ex 221	Healthy foods/food for all	GTA
Meals on Wheels	https://www.mealsonwheels.ca/	Food services/deliveries	GTA

Isolation

If it becomes difficult for you to leave your residence without assistance, isolation can quickly come into your life. It may be difficult to participate in hobbies/activities you once participated in/involved in community activities.

Robinson, Saisan, White. (n.d.)



Isolation Resources

* **The Seniors Safety Line** can also assist in cases of elder abuse, isolation, anxiety or depression: 1-866-299-1011

~~*Call 211 or the Toronto Seniors Helpline (416-217-2077) for referral to one of these free phone call services.~~

City of Toronto Mental Health Resources

<https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-mental-health-resources/>

Medical conditions

As we grow older, we are prone to medical condition through genetic/family roots or diet and lifestyle. We must recognize that aging in place will take place and must take the right actions/steps to successfully maintain overall well-being.



Medical Resources

[Ontario Seniors Dental Care Program](#) : Providing routine dental services for low-income seniors.

[Ontario Drug Benefit](#) : Individual's over 65 have assistance paying medication/prescription drugs.

[Low-Income Seniors Co-Payment Drug Program](#) : Seniors with low-income.

[Health Care Connect](#) : Helps find a doctor or nurse if you currently don't have one.

[Telehealth Ontario](#) : Confidential telephone service.

[Thehealthline.ca](#) : List of health services in your area.

Assistive
Devices
Resource

Who Qualifies For Assistive devices?

To qualify, you must:

- be an Ontario resident
- have a valid Ontario health card
- have a disability requiring the equipment or supplies for **six months or longer**

(Ontario, 2021)

Who Does Not Qualify?

You do not qualify, if you:

- Already qualify for or are receiving financial support from the Workplace Safety and Insurance Board for the same mobility aid.
- Are a Group “A” veteran and already qualify for or are receiving financial support from Veterans Affairs Canada for the same mobility aid.

How Do I Apply?

Mobility Aids: <https://www.ontario.ca/page/mobility-aids>

Hearing aids and other devices: <https://www.ontario.ca/page/hearing-devices>

Communication aids: <https://www.ontario.ca/page/communication-aids>

Visual aids: <https://www.ontario.ca/page/visual-aids>

Diabetic equipment and supplies: <https://www.ontario.ca/page/insulin-pumps-and-diabetes-supplies>

Respiratory equipment and supplies: <https://www.ontario.ca/page/respiratory-equipment-and-supplies>

Home oxygen therapy: <https://www.ontario.ca/page/home-oxygen-therapy>

(Ontario, 2021)

How Do I Apply

Artificial eyes and facial prosthetics: <https://www.ontario.ca/page/artificial-eyes-and-facial-prosthetics>

Custom orthotic braces, compression garments and lymphedema pumps: <https://www.ontario.ca/page/garments-pumps-and-braces>

Prosthetic breasts or limbs: <https://www.ontario.ca/page/breast-prostheses-and-artificial-limbs>

Enteral-feeding pumps and ostomy supplies: <https://www.ontario.ca/page/enteral-feeding-and-ostomy>

Applying for a ADP Grant

Steps in Applying for ADP Grant

- [ADP Application Form](#)
- Complete the application form with the assistance of your health care provider(s), if applicable
- Scan and email the form to: assistivedevicesprogram@one-mail.on.ca.
- [Questions on the ADP](#)
- (Ontario, 2021)

How Much is Covered/Repairs

- ADP cover 75% cost of equipment and supplies
- You pay 25% when buying the equipment or supply
- You can receive a series of payments throughout the year to help cover the cost of supplies.
- ADP does not cover repairs costs; you must pay those costs yourself
- [Link To ADP Repairs/Coverage](#)
- (Ontario, 2021)

Organizations That can Help/Payment

Easter Seals Ontario: <http://www.easterseals.org/>

March of Dimes

Canada: <http://www.marchofdimes.ca/EN/Pages/default.aspx#content>

The War Amps: <http://www.waramps.ca/home/>

Kiwanis: <http://www.kiwanis.org/>

Lionsclub: <http://www.lionsclubs.org/EN/index.php>



Covid-19 Supports

Why Consider Vaccination

Vaccination help individuals remain healthy; vaccination provide protection/immunity for period of time. It is important to keep on receiving vaccinations to remain healthy and help others around remain healthy.



Vaccinations

- Flu shot (every fall)
- Pneumococcal (at age 65)
- Shingles (one dose between ages 65 and 70)

Covid-19 vaccination and others

[Get information about free vaccines, including shingles, and how to get them.](#)



Covid-19 Information/Resources

Due to COVID-19, you must self-isolate (quarantine) for 14 days when you return to Canada/contact Covid-19

Covid-19 Vaccinations

[How to Book Appointment for Vaccination](#)

[Covid-19 Testing Location](#)

If You're Traveling During Covid-19

- Make sure the vaccines you need are available
- Receive all necessary doses of vaccine before you travel
- **The vaccines you need are based on:**
 - Where you are going
 - The type of travel and length of time
 - What vaccines you've already received

According to Ontario Government

Mental Health/Senior Resources

Mental health resources

Toronto Distress Centre: 416-408-4357

Gerstein Crisis Centre: 416-929-5200

Senior focused

Toronto Seniors Helpline: 416-217-2077

Friendly Neighbour Hotline: 1-855-581-9580

Medical

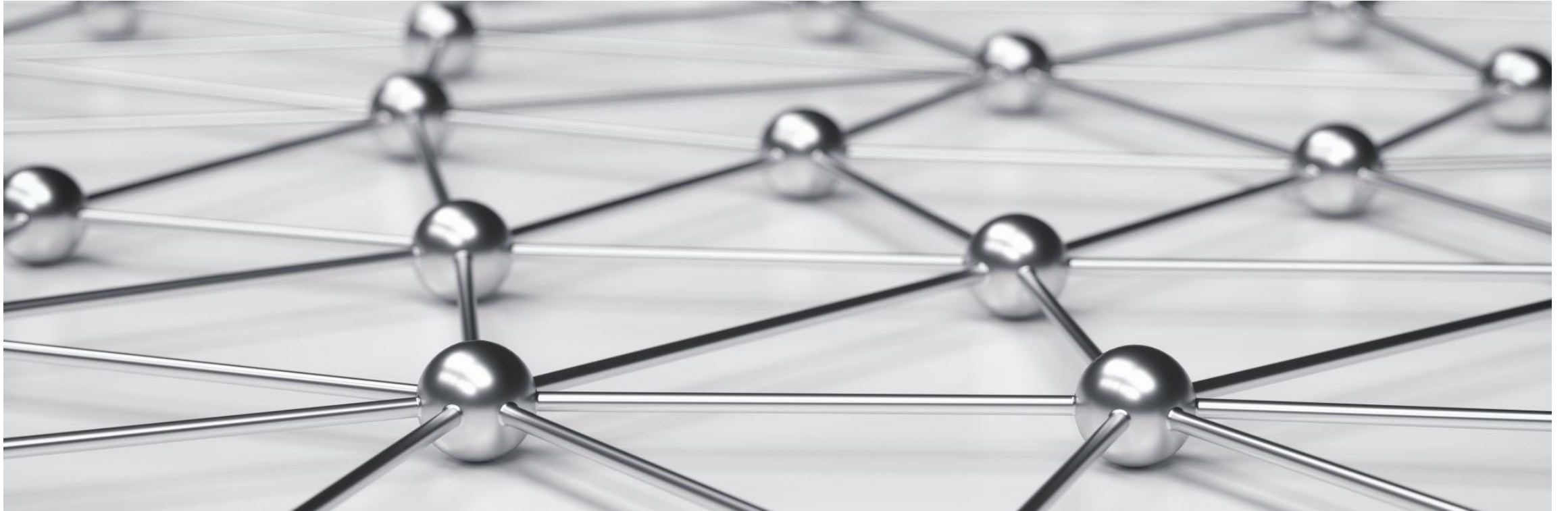
Telehealth Ontario: 1-866-797-0000

Elder Abuse Signs

- Missing valuables
- * Signs of injury or restraint marks
- Afraid to answer questions
- * Agitation
- * Weight loss/muscle loss
- * Withdrawals of money

Elder Abuse Supports

Contact Info	Number	Area
Elder Abuse Prevention Ontario 24/7 Phone line	1-866-299-1011	Ontario
Distress Centre	416-408-4357	Ontario
211 Toronto/Community Services/Social Services	1-888-340-1001	Toronto
Office of the Public Guardian and Trustee/Financial Abuse	416-327-6348	Ontario
Family Service Toronto/Counselling	416-595-9230	Ontario



Financial Resources



Supports for Individuals and Families

Employment Insurance (EI) program

The Ontario Government implemented temporary changes to the Employment Insurance (EI) program to better support Canadians who need financial assistance. As of September 27, 2020, the minimum benefit rate for EI regular claimants is \$500 per week before taxes in most cases. (Canada, 2020)

[Employment Insurance Program Link To Apply](#)

Canada Recovery Benefit (CRB)

The CRB provides \$500 (\$450 after taxes withheld) per week for up to 38 weeks:

- Who are not employed
- Are not eligible for Employment Insurance (EI) (Canada, 2020).
- [Eligibility for Canada Recovery Benefit Link](#)
- [Link To Apply For Canada Recovery Benefit](#)

Canada Recovery Sickness Benefit (CRSB)

The CRSB provides \$500 (\$450 after taxes withheld) per week for up to a maximum of four weeks, for workers who:

Are unable to work for at least 50% of the week because they contracted COVID-19

Are self-isolated for reasons related to COVID-19

have underlying conditions, are undergoing treatments or have contracted other sicknesses.

[Link To Apply For Canada Recovery Sickness Benefit](#)

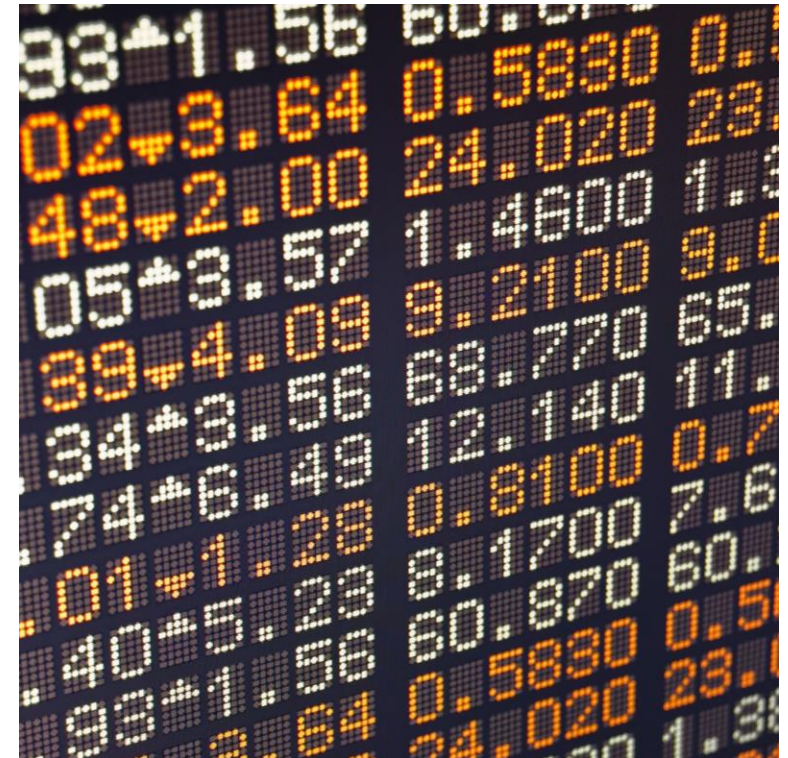
Support for seniors and people with disabilities (PWD)

Low Income Seniors and Individuals with disabilities in living in supportive housing and or community based independent living you are eligible for:

- Paid or subsidized delivery of meals
- Delivery of Medicine and other necessities
- [Link To Supports for Seniors & People With Disabilities](#)

Additional Financial support

- * Financial help for basic needs
- * Changes to Renting



Financial help for basic needs

If you are in a crisis or emergency situation, need help paying for food and housing, and are not already on Ontario Works or Ontario Disability Support Program (ODSP), you can apply for COVID-19 covid 19 emergency assistance, According to Ontario Government.

[ODSP Link](#)



Changes to renting

Temporary changes to residential rental processes.

[Learn about the changes and where tenants and landlords can get help.](#)

Ontario has passed legislation to [freeze rent at 2020 levels](#). This means that rents will not increase in 2021 for most renters.

According to Ontario Government



The background of the image is a blurred financial chart. It features a grid of dashed lines in shades of blue and green. Overlaid on this grid are several data series: a solid blue line that trends downwards from the top left, a solid green line that trends upwards from the bottom left, and a candlestick-style chart with vertical bars in various shades of green and blue. The overall aesthetic is that of a professional financial or data visualization interface.

OAS/GIS/GAINS/_CPP

Old Age Security (OAS)

- The Old Age Security (OAS) pension is a monthly payment you can get if you are 65 and older
- In some cases, Service Canada will be able to automatically enroll you for the OAS pension.
- In most cases, you do not have to apply to get this benefit.
- You can receive up to \$618.45 per month (April to June 2021 maximum monthly payment).
- The amount you receive depends on how long you lived in Canada or specific countries after the age of 18.
- You will have to pay tax on the Old Age Security pension payment.
- (Government of Canada, 2020) [Link To \(OAS\)](#)

Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) is a monthly payment you can get if:

- you are 65 or older
- you live in Canada
- you get the Old Age Security (OAS) pension
- your income is below \$18,744 if you are single, widowed, or divorced
- your income plus the income of your spouse/common-law partner is below:
 - \$24,768 if your spouse/common-law partner receives the full OAS pension
 - \$44,928 if your spouse/common-law partner does not receive an OAS pension
 - \$44,928 if your spouse/common-law partner receives the Allowance
 - (Government of Canada, 2020) [Link For \(GIS\)](#)

Guaranteed Annual Income System (GAINS)

- GIS recipients who live in Ontario may be entitled to the Guaranteed Annual Income System (GAINS), a non-taxable top-up.
- If you receive a full or partial federal OAS pension, plus the federal GIS, you do **not** have to apply for GAINS.
- (Government of Canada, 2020) [Link to Guaranteed Annual Income System \(GAINS\)](#)

Canadian Pension Plan

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire.

To qualify you must:

- be at least 60 years old
- have made at least one valid contribution to the CPP

The amount you receive each month is **based on your average earnings throughout your working life**

(Government of Canada, 2020)

[Link to Canadian Pension Plan](#)

Extensions on validations and deadlines



Extensions on validations and deadlines

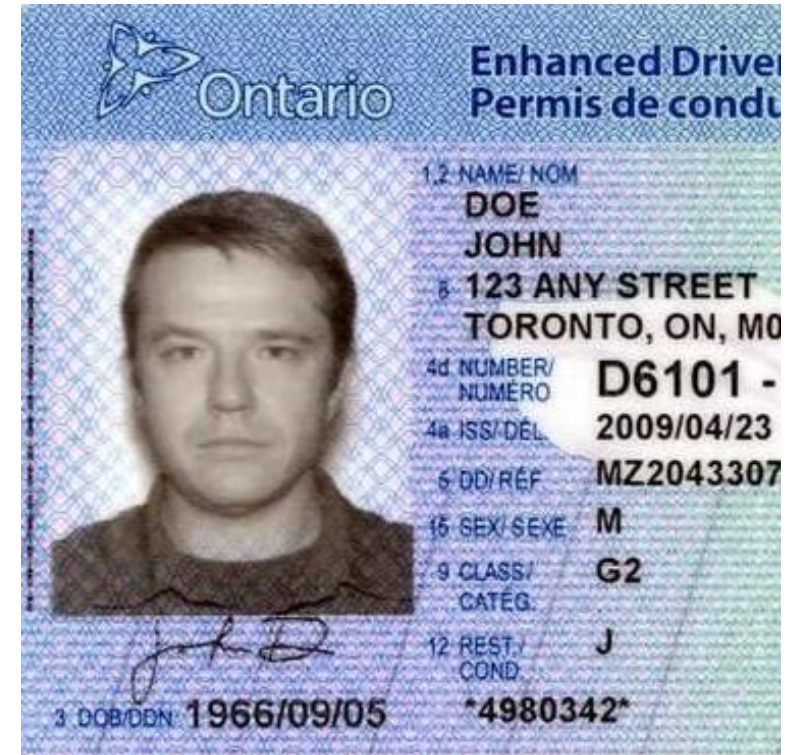
In this section:

- * Driver's licenses, vehicle and carrier products
- * Health cards



Driver's licenses, vehicle and carrier products

Extension on vehicle and carrier products and services due to COVID-19 pandemic.



Health cards

You do not need to renew your health card until further notice. Recently expired health cards will be accepted.



What is the LHIN

- Local Health Integration Network also known as the Community Care Access Centre (CCAC).
- The LHIN is a not-for-profit organization that covers 14 different areas of Ontario.
- The LHIN is responsible for planning, integrating and funding local health care.
- (Clementi, Leal, Saccomano, Roberts, 2021)

What does the LHIN do?

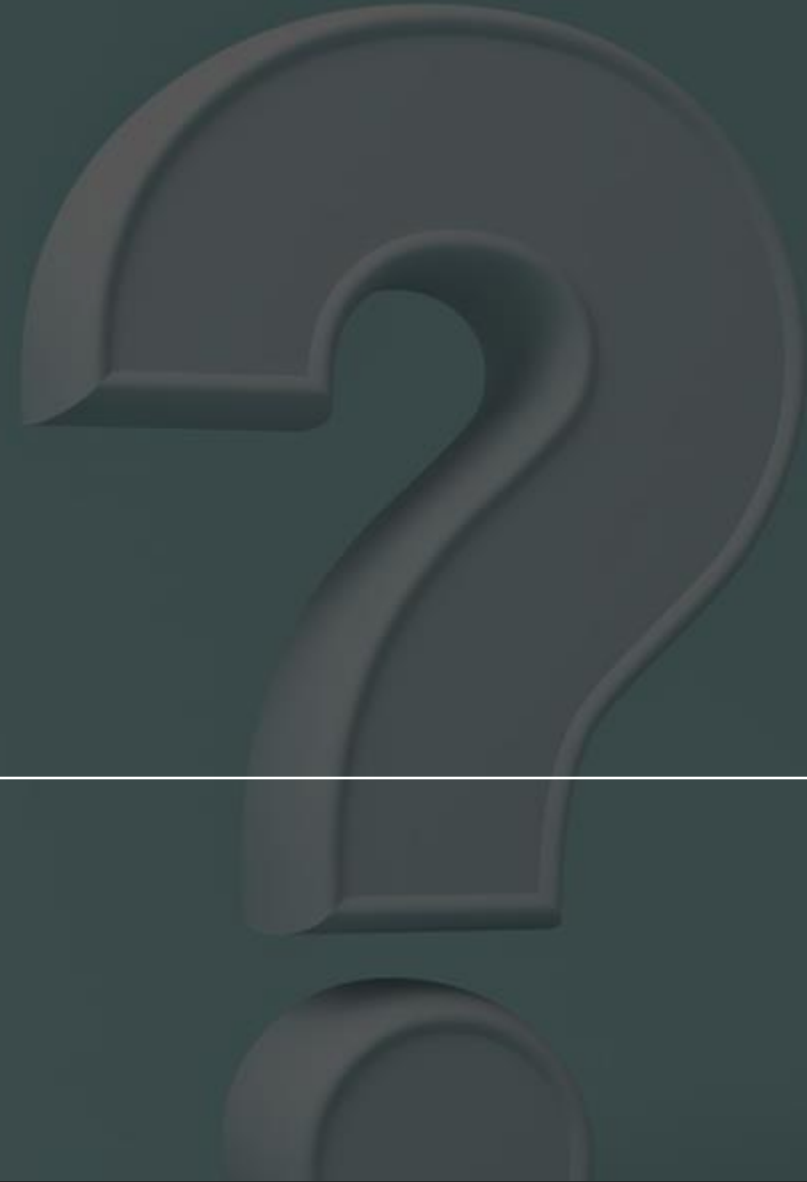
- The LHIN aids individuals while they are searching for community support such as retirement, or LTC home.
- They can give you support and assistance throughout.
- The LHIN will be able to provide you with more information on the homes in your area as well as help to narrow down and assess options before your final decision.
- services at home such as personal support workers, food services, and more.
- community resources that can assist you while living at home allowing you to maintain your lifestyle.

HOW TO FIND THE LHIN IN YOUR AREA

The LHIN covers 14 different areas across Ontario. These are a couple of ways to identify which LHIN services your area:

- Enter your postal code on their website <https://www.lhins.on.ca/>
- By phone – In Ontario, no postal code is required just dial 310-2222 and your call will automatically be routed to the appropriate LHIN.
- (Clementi, Leal, Saccomano, Roberts, 2021)

Questions?





Thank you for stopping by and have a great day

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