



Housing Options in Ontario

During rehabilitation, you will need to decide where you will live when you leave. This will depend on your mobility, care needs, and current living arrangement. It might be possible for you to modify your home to fit your needs. If you need extra care, a home that offers caregiver assistance might be better. Work with your social worker to find out what works best for you.

Home modification

Making your home more accessible can be the right choice for some people. When you modify your home, consider access (ramps), bathroom, doorways, and overall layout. [Spinal Cord Essentials](#) has two handouts that can help. Check out the [Bathroom Modifications](#) and [Ramps for Home Access](#) handouts.

If you plan on living in your own home, you may still need attendant or nursing services. Programs are available to deliver these services. For more about attendant care, check out the [Attendant Care Services](#) handout. For more about nursing services, check out the [Community Care Access Centre](#) handout.

If you need to modify your home, you might need a temporary home until it is done. In special cases, a program called Transitional Living can help. The program depends on available beds and your care needs. For more about this program, check out the [Attendant Care Services](#) handout.

Supportive Service Living Units (SSLUs)

SSLUs are private or shared apartments for people with physical disabilities. They are for people who need help to manage their care in the community. Attendant care is often available 24 hours per day but needs to be scheduled in advance. Options include:

- **Supportive housing** offers accessible apartments. The apartments are part of a larger apartment building. Attendant care services can be scheduled.
- **Shared living** offers a communal home setting with attendant care services. This option may be preferred if you have multiple service needs.

Contact your Social Worker for more information.

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Cost: Like apartments, rental rates vary across buildings and units. Some units can adjust rent if you are in financial need. Most of the time, you must pay for meals and extra services (e.g. telephone, cable, internet).

Application in Toronto: Apply through the Centre for Independent Living in Toronto. Fill out a Project Information Centre form available at www.cilt.ca → Attendant Services.

Application outside Toronto: Different companies offer attendant care across Ontario. The Ontario Attendant Service Directory (Greenbook) lists all attendant service options. Download the Greenbook at www.cilt.ca/greenbook.aspx.

How to qualify

- Have a valid OHIP card.
- Ontario resident of 16 years of age or older.
- Have a permanent physical disability. Need assistance daily activities.
- Be able to direct your own care.

Retirement Homes

Retirement homes are privately owned buildings that offer care and services for seniors. People in these homes can live with little or no support. For some options, visit www.ORCAretirement.com. Many homes offer:

- Wheelchair accessible units.
- Cooked meals.
- Services such as laundry and house-keeping.
- Games and social activities.
- On-call staff nursing or medical personnel.
- Assistance with daily living.

Cost: Like apartments, the price of retirement homes varies. Owners can charge any price they want. In general, they cost more than Long Term Care homes.

Wait Time: Wait times depend on the home. They are often shorter than other options.

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Long Term Care (LTC)

LTC is for people who need extra support that can't be provided in their home. Most offer about two to three hours of care per day. For more about LTC, visit www.ccac-ont.ca or www.PublicReporting.LTChomes.net. Most homes offer:

- 24hr nursing support and medical care.
- Meals & snacks.
- Help with dressing, bathing, grooming, toileting, medication, eating, and more.
- Laundry and house cleaning.
- Games and activities.

Cost: With LTC, the cost depends on your bed selection. In 2015, the cost was at least \$1,800 per month for a basic bed. It increases every year. The price for a basic bed can be adjusted for people with low income. Some programs like ODSP and Ontario Works can also help pay.

Wait Time: Wait times for long term care beds can range from a weeks to years. Wait times depend on the home and kind of bed you want. Basic beds have longer wait times than semi-private or private beds. Ask your CCAC coordinator for a list of 'short-listed' LTC homes in your area. These are LTC facilities that have wait times under 4 months.

Complex Continuing Care (CCC)

CCC units are specialized hospital units. They are for people who have complex care needs and cannot live at home or in Long Term Care. CCC units offer meals, medical and nursing care, and some rehabilitation. Some CCC units are made for specific types of patients. Examples are people who need ventilators or people who have wounds.

Cost: In 2015, the cost was about \$1,800 per month and increases every year. The cost can be adjusted for people with low income.

Wait Times: Wait times vary from weeks or months depending on the unit.

Always remember to keep a copy of completed application packages for future reference.

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