

# 55+ GUIDE FOR HOUSING OPTIONS

Information to meet your housing needs

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Spring 2017

 **Region  
of Peel**  
working with you

April 4, 2017

We are pleased to acknowledge the partnership between the Housing for Older Adults in Peel (HOAP) working group and the Region of Peel's Community Partnerships Division of the Human Services Department who worked together to create this guide.

The Housing for Older Adults in Peel (HOAP) working group was established in 2001 and consists of members from community agencies, government representatives from the Region of Peel, City of Brampton, Town of Caledon, City of Mississauga, the province of Ontario and federal government, the social housing provider sector, the private sector, the health sector, older adult residents and Region of Peel Councillors. Leadership for HOAP is provided by the Co-Chairs, Raymond Applebaum, CEO of Peel Senior Link, and Michael Wright, CEO of Housing-TLC. Both have provided their guidance and expertise for many years.

We acknowledge that Peel's population of older adults is growing significantly and is very diverse in terms of housing preferences, levels of independence, income levels, culture and future housing needs.

- In 2011, older adults aged 55 and over in Peel comprised 29.8 per cent (about 386,000 people) of Peel's total population. In 2041, this figure is expected to increase to 30.1 per cent (about 592,000 people).
- In 2011, seniors (65+) comprised 10.5 per cent of Peel's total population (about 136,000 people). By 2041, this figure is expected to double to 21.1 per cent (about 415,000 people).
- In 2011, over 70 per cent of Peel seniors were born outside of Canada. Peel is rich in cultural diversity.

The creation of this guide was seen as a valuable and practical resource that will help thousands of older adult Peel residents to explore housing options and services to meet their changing needs. At a broader level, the Region has in place, the Peel Housing and Homelessness 10 Year Plan. We are pleased that housing needs of older adults is a vital part of this long term plan.

Together in partnership, we are honoured and pleased to share this resource with the community.

Yours sincerely,

Raymond Applebaum  
Co-Chair  
HOAP Working Group

Michael Wright  
Co-Chair  
HOAP Working Group

Sonia Pace  
Director  
Community Partnerships  
Human Services  
Region of Peel

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### Disclaimer

The Region of Peel does not manage all of the programs and services outlined in this guide. It is the responsibility of the reader to thoroughly research each option before making decisions.



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To download a copy of this Guide, please visit:  
<http://peelregion.ca/housing/provider/advisory/reports/>

If you'd like to receive a hard copy of the Guide, please contact Gina Knight at: [gina.knight@peelregion.ca](mailto:gina.knight@peelregion.ca) or Call: 905-791-7800 ext. 4348







## For people who wish to remain in their homes

### Renovating your home:

#### Hire a contractor

The following summarizes a guide available from the Canada Mortgage and Housing Corporation (CMHC).

If you decide to renovate and know what changes you would like made to your home, consider the following tips when hiring the contractor.

- Ask a family member, friend, or neighbour who has had similar work completed what their experience was like and who they hired to do the work. Contractors can be sourced through the local homebuilder and renovator associations, local building supply stores, municipal building departments, and the Internet.
- Find out as much as you can about the contractor you are considering by requesting references and reading reviews of the company online.
- Ensure the contractor you are considering is licensed and has the necessary insurance and workers' compensation coverage and avoid contractors who do not want to obtain the required permits or inspections.
- As a general rule, three estimates will usually provide sufficient information for you to make a decision. Once you have chosen an appropriate contractor, request a formal written estimate or proposal, which includes both cost and timelines.



- Hire a contractor who has experience with projects similar to yours and be sure to ask a lot of questions so both of you are clear on expectations.
- **Get it in writing!** Finally, once you've decided who you're going to hire, always get a written contract. While the offer of a discount if you pay in cash may be tempting, without a written contract, you could lose your deposit, end up with poor quality work, or find yourself being charged much more than you expected. Once you have the contract, make sure it includes a construction schedule with a start and end date, as well as a payment schedule that sets out how much you'll have to pay at each stage of the job, and when.

Remember: don't sign anything until you've read the contract carefully, are sure you understand what it says, and are satisfied that it describes exactly what you want—and includes everything you've been promised.

For more information about hiring a contractor or to request your free copy of *Hiring a Contractor Guide*, call the Canada Mortgage and Housing Corporation at 1-800-668-2642 or visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca).

### **Maintaining Seniors' Independence: A Guide to Home Adaptations — A Self-Assessment Guide**

This resource from Canada Mortgage and Housing Corporation helps seniors' their families and caregivers to assess their unique circumstances and also describes the types of home adaptations that can help them.



#### **To obtain a copy:**

**Visit:** [cmhc-schl.gc.ca/odpub/pdf/61087.pdf?fr=144231848914](http://cmhc-schl.gc.ca/odpub/pdf/61087.pdf?fr=144231848914)

**Call:** 1-800-668-2642

### **Helpful Home Changes for People Living with Dementia**

This resource from Canada Mortgage and Housing Corporation is a quick reference offering simple and practical advice on home adaptations, renovations and design suggestions to help people living with dementia remain as safe and independent as possible.



#### **To obtain a copy:**

**Visit:** [cmhc-schl.gc.ca/en/co/acho/adho/upload/68440\\_w\\_ACC.pdf](http://cmhc-schl.gc.ca/en/co/acho/adho/upload/68440_w_ACC.pdf)

**Call:** 1-800-668-2642

## Peel Renovates Homeowner Renovation Assistance Program

The Peel Renovates program provides eligible families, individuals, seniors and/or persons with disabilities with funding assistance for renovations related to health and safety and/or accessibility concerns.

Eligibility criteria requirements include applicable income, home value, location of home, etc.

This program provides one-time funding assistance up to \$15,000 (including HST) for eligible renovations.

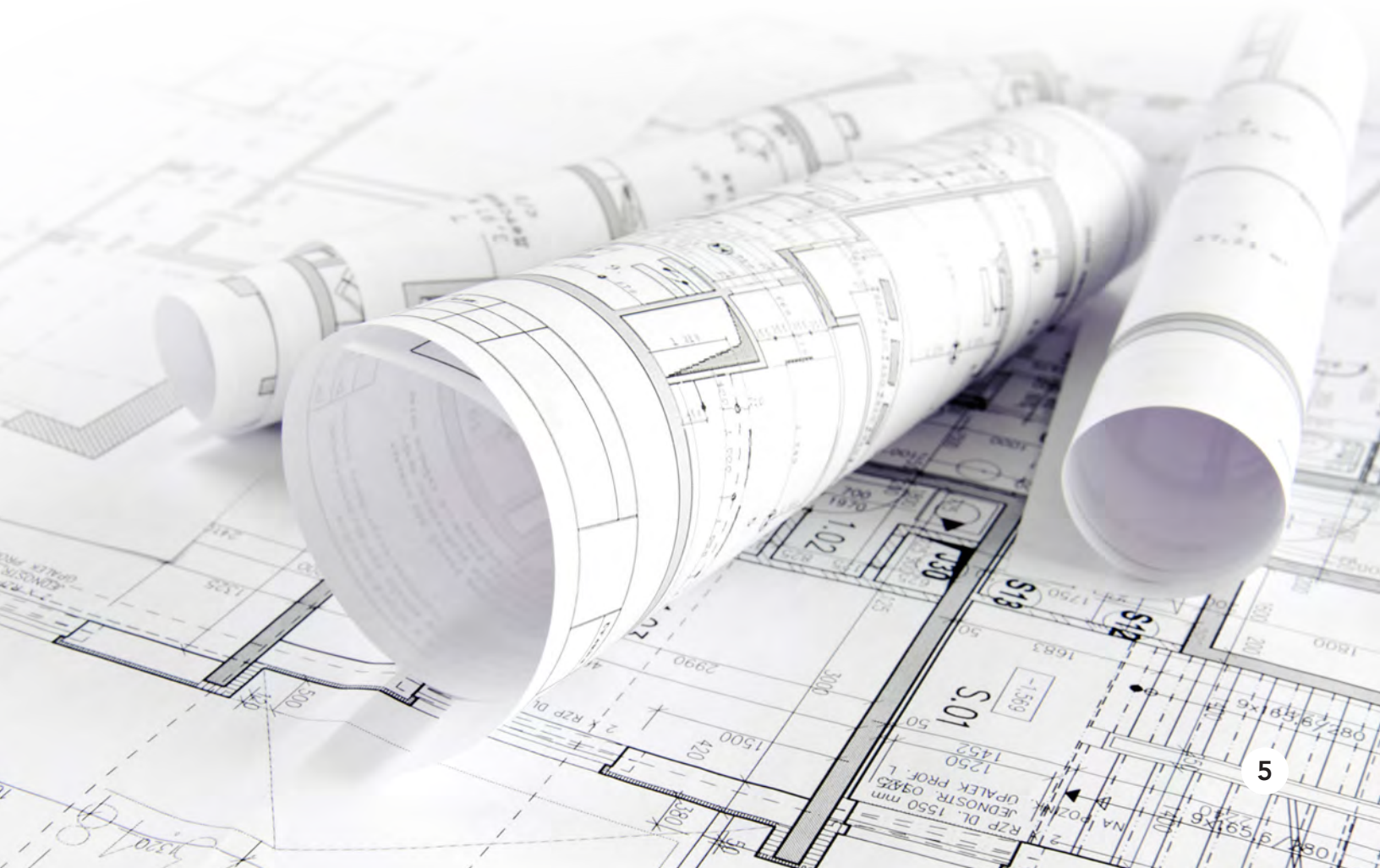
The first \$3,500 is offered as a grant. The entire amount of the loan is forgiven if participants remain in the home for 10 years after renovations are completed.



**Visit [peelregion.ca](http://peelregion.ca) for more information about this program:**

[www.peelregion.ca/housing/peelrenovates/peelrenovates.htm](http://www.peelregion.ca/housing/peelrenovates/peelrenovates.htm)

Or call: 905-791-7800



## Second suites

For older households who no longer need a large house, the addition of a second suite can generate needed income and security, as well as allow them to continue to live in their neighbourhoods and age in place.

A second unit is defined as a self-contained unit with sleeping, kitchen and bathroom facilities and a separate entrance. It is usually located in the basement of a single home and is also referred to as secondary suite or garden suite.

A second unit must meet applicable zoning, building code, fire code and property by-law standards. If a second unit is in violation of zoning requirements the owner will be required to comply or to remove it altogether. Requirements for second units vary between municipalities.

A building permit issued by the local municipality is required to create a second unit. Many municipalities now formally recognize secondary rental suites as a source of affordable housing, with rents often lower than those in purpose-built apartment buildings.

Not only are second units a source of affordable rental housing, they can also create extra income for first-time homebuyers making housing more affordable in high-cost areas.



**For more information** about the regulations for second suites in Brampton, Caledon and Mississauga contact:

**City of Brampton**

Zoning Department  
905-874-2090

**Town of Caledon**

General Building Inquiries  
905-584-2272 extension 2233

**City of Mississauga**

Planning and Building Customer Services Centre  
905-615-4311



## Peel Renovates Second Units Renovation Assistance Program

This program provides funding assistance up to \$25,000 to eligible low-to-moderate income homeowners to allow modifications to existing second units in their homes. These changes can be related to health and safety and/or accessibility.

The first \$3,500 is offered as a grant and the entire amount of the loan is forgiven if program participants remain in the home for 10 years after the renovations are complete. The renovations must ensure second units meet the health and safety criteria set out by the local municipality and enable the homeowner to register the second unit as legal (if required).

Eligible applicants include families, individuals, seniors and/or persons with disabilities. Eligibility criteria requirements include applicable income, home value, location of home, etc.



## Peel Renovates Creating New Second Units Program

This program, currently being considered by Regional Council, would offer assistance to help cover the cost of adding a legal second unit to a home. To participate in this program homeowners will need to meet eligibility requirements and will be required to house tenants from the Region of Peel's centralized wait list for subsidized housing.

If the program is approved, detailed information will be posted on [peelregion.ca](http://peelregion.ca) with other Peel Renovates programs.



**For more information, about these programs contact:**

### **Second Units Renovation Assistance Program**

**Visit:** [peelregion.ca/housing/peelrenovates/](http://peelregion.ca/housing/peelrenovates/)

**Call:** 905-791-7800 ext. 8032







## Mortgage financing options for people 55+

If you're a homeowner over the age of 55 with no major debts, you may be able to access the equity in your home without having to move or sell. Understanding the different mortgage financing options will help you make the best decision for your situation, whether you need extra money for maintenance or to update your home.

### Types of mortgage financing

There are several mortgage financing options in Canada, and three recommended specifically for seniors by Canada Mortgage and Housing Corporation (CMHC).

#### Refinancing

This is usually the simplest option if you have the resources to cover monthly mortgage payments. It allows you to borrow up to 80 per cent of your home's value. You then repay the loan in monthly instalments over 25 or 30 years. This option often provides the best interest rate.

#### Home equity line of credit

This gives you the flexibility to borrow as much or as little money as you need, up to 65 per cent of your home's value. The minimum monthly payments are simply the interest on what you've borrowed, so it may take more time and discipline to pay back the loan. The interest rate for this option is variable, and the line of credit can be combined with a regular mortgage to a maximum of 80 per cent of your home's appraised value.

#### Reverse mortgage

This option has a more complex contract. It lets you borrow up to 55 per cent of your home's value all at once or as fixed monthly payments. In most cases, the amount of the loan and the accumulated interest are only repaid when you sell your home or pass away. This option is ultimately more expensive, and seeking independent legal advice is highly recommended.

Remember, a mortgage loan is a binding legal agreement. Consult a lawyer or financial advisor for an unbiased second opinion before signing any documents.



#### **For more information:**

**Canada Mortgage and Housing Corporation (CMHC)**

**Visit:** [cmhc-schl.gc.ca](http://cmhc-schl.gc.ca)

**Call:** 1-800-668-2642

## For people who need support services to remain at home

The following organizations in Peel Region provide personal support services. There are many other organizations that provide personal support.

### Community Care Access Centres (CCACs)

CCACs provide care to help people stay healthy and live independently in the community for as long as possible, and if needed provide assistance with transitioning into long term care. Care coordinators are regulated health professionals – nurses, physiotherapists, and others – with additional, specialized training in coordinating care across the health system.

The CCACs work with health service providers, community support services, and long-term care homes to make it easier for residents to access local health care services when and where residents need them.



#### **For more information:**

Contact your Community Care Access Centre, or  
Call 211



#### **For more information about Ontario CCACs:**

Visit: [healthcareathome.ca](https://healthcareathome.ca)

#### **The Mississauga-Halton CCAC**

Serving Mississauga, South Etobicoke, Oakville,  
Milton, Georgetown and Halton Hills

**Visit:** [healthcareathome.ca/mh/en](https://healthcareathome.ca/mh/en)

**Call:** 905-855-9090, or Toll free: 1-877-336-9090

**E-mail:** [info@mh.ccac-ont.ca](mailto:info@mh.ccac-ont.ca)

#### **The Central West CCAC**

Serving Brampton, Caledon, Malton, Dufferin County,  
Rexdale and Woodbridge

**Visit:** [healthcareathome.ca/centralwest/en](https://healthcareathome.ca/centralwest/en)

**Call:** 905-796-0040 or Toll Free: 1-888-733-1177

**E-mail:** [info@cw.ccac-ont.ca](mailto:info@cw.ccac-ont.ca)



## Peel Senior Link

Peel Senior Link's mandate is to provide the support seniors need to maintain their independence, avoid reoccurring trips to the hospital and postpone/avoid long term care placement. This non-profit charitable organization offers the award-winning Supports for Daily Living (SDL) and Assisted Living (AL) programs in the cities of Mississauga and Brampton.

The program assists seniors who have chronic illness(es) and physical limitations and are "at risk" if they were to stay home without any supports. The service is offered 24 hours per day, seven days a week.

The agency also partners in the delivery of the Integrated Seniors Team program in Brampton for seniors with mental health challenges.

Senior Link provides quality personal support and care, homemaking services, assists with safety checks, and activities of daily living. Services include dressing and bathing, meal preparation, grocery shopping, cleaning, laundry, and access to 24-hour emergency response.

Staff can also provide a unique medication administration program in collaboration with an accredited pharmacy for those who require the service. Clients of Peel Senior Link also have access to other programs through our partners such as Philips Lifeline, falls prevention classes, exercise classes, and foot care clinics.

Peel Senior Link provides services out of 11 locations, nine in Mississauga and two in Brampton.



### For more information:

**Visit:** [www.peelseniorlink.com](http://www.peelseniorlink.com)

**Call:** 905-712-4413

**E-mail:** [charlene@peelseniorlink.com](mailto:charlene@peelseniorlink.com)



## Caledon Community Services

Caledon Community Services (CCS) provides a range of programs and services to help seniors in Caledon live independently and remain active in their community.

### Assisted living programs

Personal support workers visit seniors at designated times throughout the day to assist them with a variety of activities of daily living. Individuals must qualify for assisted living through an assessment. These services are provided free of charge to qualified individuals who reside in their own homes in Bolton and Caledon East.

### Health and wellness

These programs are offered within the six Peel Living buildings. Program activities are aimed at improving health, mobility, manual dexterity, memory, mood, confidence, and socialization. Programs are open to community members along with building residents. Some programs are free and some have fees attached.



## Respite services (in the client's home)

Respite workers provide non-medical care and companionship for seniors and adults with disabilities in their homes. Respite workers supervise and support individuals so their regular caregivers can have some time away from care giving responsibilities. Respite services can include companionship/supervision, activities and socialization, and light meal preparation.

## Respite/companionship program

CCS links individuals seeking respite/companionship services and individuals willing to provide these services. Once they are linked, workers and clients/participants contract with each other directly to determine the duties, schedule, and rate of pay. This support is a fee-for-service program and services are subject to worker availability.

## Transitional Care Centre (TCC) (outside client's home)

Transitional Care Centre, located in Alton, serves individuals who are medically stable but require additional support in one of the following circumstances:

- Discharge from hospital and/or post-operative support
- Short stay respite support/caregiver relief
- Waiting for long term care placement through the Wait at Home Program

In this service personal support workers provide individuals with assistance and support with activities of daily living such as: bathing, dressing, medication, meals and rehabilitation plans. Individuals can stay at the TCC between seven and 30 days. Those admitted in the Wait at Home Program can stay at TCC for the duration of the program, which is 50 days. Services at the TCC cost \$45.00 per night. See the website or call to find out more about eligibility criteria or to make a referral.

## CCS Transportation

A reliable, door-to-door accessible transportation service available seven days a week for Caledon seniors and people with disabilities who are unable to drive on their own. There are fees for this service.



### For more information:

**Visit:** [www.ccs4u.org](http://www.ccs4u.org)

**Call:** 905-584-2300 Ext. 225

**E-mail:** [info@ccs4u.org](mailto:info@ccs4u.org)



## Project Lifesaver

Project Lifesaver Peel helps families to protect members who may wander or bolt; typically individuals living with Alzheimer's disease, autism, Down syndrome, acquired brain injury or other kinds of cognitive impairment.

The program equips individuals who have a history of wandering with a one-ounce wrist-transmitter that emits a radio tracking signal 24 hours a day seven days a week within a two kilometre radius. When notified by caregivers that the individual is missing, specially trained law enforcement officers use mobile tracking equipment to find them. Participants must be residents in the Region of Peel.

### Cost

There is an initial charge of \$300 for the transmitter and a \$10 monthly battery charge; however, a subsidy may be available for low-income participants.



#### For more information:

**Contact:** Erica Opoku

**Call:** 905-791-7800 ext. 5936

**Visit:** [www.peelregion.ca/social-services/life-saver.htm](http://www.peelregion.ca/social-services/life-saver.htm)





## Adult day service programs

Adult day service (ADS) programs provide a host of services for older adults with special needs. The services also provide much needed relief for caregivers who are looking after individuals who are socially isolated, have physical impairments, a diagnosis of Alzheimer's disease or related dementias.

ADS programs provide a safe and nurturing environment where clients can participate in social, therapeutic, and recreational programs such as woodworking, cooking, card games, fitness, community excursions, and celebrations.

Additional services are also offered such as: evening and weekend services, physiotherapy assessment and treatments, assistance with bathing or showering, help with eating, dressing and toileting, access to on-site clinics such as optometry, audiology, podiatry and dental, and access to on-site nurses, if required.

**Schedule:** Many ADS programs are available Monday to Friday with extended hours, and some are available on weekends. Hours of operation vary from site to site.

### Cost

The daily fees vary by provider, ranging from \$10 to \$24 per day. There may be additional costs for other services such as transportation, hairdressing, foot care and extended hours. Lunch and snacks provided daily. Subsidies may be available for those who qualify.



#### **For more information:**

Contact your local Community Care Access Centre  
See page 10

## For people who are independent and need new rental housing

### Affordable rental housing

Affordable rental housing is developed and managed by various not-for-profit housing providers. In Peel Region, non-profit housing providers manage more than 15,000 rental units. This includes more than 30 seniors' rental buildings.

Affordable rental housing includes units offered at market rent as well as units offered with subsidized rent.

### Market rental housing

[peelregion.ca/housing/social/](https://peelregion.ca/housing/social/)

Market rental units have rents that are comparable to, or slightly lower than, rent in privately-owned rental buildings in the same area. At this time, there are minimal to no wait times for market rent units.

Market rental housing units in buildings managed by Peel Living, and other non-profit providers in Peel can be viewed online, from the Region of Peel website. To apply for market rent housing, contact housing providers directly.

To view other market rental units across Canada, visit [www.viewit.ca](https://www.viewit.ca) where you can select units by province, company name or landlord/property manager.



## Subsidized housing

[peelregion.ca/housing/social/](http://peelregion.ca/housing/social/)

Subsidized housing is rental housing for low-income residents and is based on the total household's gross monthly income. It is also referred to as rent-geared-to-income or RGI housing.

To be eligible for seniors' subsidized housing you must be:

- A single person who is aged 65 years or older
- A couple where at least one person is age 65 or older

Once an application for housing subsidy has been submitted, reviewed for eligibility, and deemed complete, it is placed onto the centralized wait list and maintained by staff at Peel Access to Housing (PATH). Staff also provides customer service to applicants on the wait list.



### **For more information or to apply:**

Contact PATH Monday to Friday, 8:30 a.m. – 4:30 p.m.

**Visit:** [www.peelregion.ca/housing/social](http://www.peelregion.ca/housing/social)

**Call:** 905-453-1300

**E-mail:** [peelaccesstohousing@peelregion.ca](mailto:peelaccesstohousing@peelregion.ca)

## Rent supplement

[peelregion.ca/housing/social/faq/faq-general.htm#g3](http://peelregion.ca/housing/social/faq/faq-general.htm#g3)

In addition to affordable rental units in the not-for-profit buildings, the Region of Peel offers a rent supplement program to eligible residents. Under this program, landlords of privately owned buildings receive funding to help cover part of the rent for eligible, low-income applicants. This is done through special agreements with landlords.

Applicants may apply for accommodation under the Rent Supplement Program at the same time they apply for non-profit or co-operative housing. Rent supplement buildings are located in Brampton and Mississauga.



### **For more information:**

Contact PATH at 905-453-1300, Monday to Friday,  
8:30 a.m. – 4:30 p.m.

**E-mail:** [peelaccesstohousing@peelregion.ca](mailto:peelaccesstohousing@peelregion.ca)

## Abbeyfield Caledon

Abbeyfield Caledon is a not-for-profit home, dedicated to providing housing for 12 independent seniors in the rural village of Caledon East. Every resident has their own private suite and shares common areas. Residents are also supported by a live-in house manager, receive lunch and dinner daily, with breakfast available on a self-serve basis.

Common areas include:

A large, family style dining room; a library, a fully stocked kitchen; sitting room with a large screen television, computer and tablet; a great room with fireplace, seating and piano; outdoor seating area with access to gardens, BBQ and pathways.

Private suites include:

Sitting room and ensuite three-piece bathroom. Also includes heated floors and personal thermostat.

### Cost

As of the date of publication of this guide, the fee of \$1,800 per-month is inclusive of rent, food, services of the live-in cook, maintenance, laundry facilities and utilities (except the residents' personal phone line, cable TV and Internet service).



**For more information or to schedule a tour contact:**

**Visit:** [abbeyfieldcaledon.org/](http://abbeyfieldcaledon.org/)

**Call:** 905-860-0181

**E-mail:** [info@abbeyfieldcaledon.org](mailto:info@abbeyfieldcaledon.org)

**Mailing:** 22 Walker Road East, Caledon East, ON, L7C3K2



## Retirement homes

These facilities provide care and accommodations for seniors. They are not subsidized by the government and generally are designed for seniors who need minimal to moderate support with their daily living activities. Retirement homes provide a setting that enables residents to live as independently as possible, while providing services and social activities. Accommodations range from shared rooms to bachelor, one-bedroom and two-bedroom apartments.

Wait times for retirement homes are much shorter than those for long-term care homes (also known as nursing homes).

There are more than 20 retirement homes in Peel. Most offer meals, housekeeping, laundry, and recreational and social programs. The levels of homemaking help, personal care, and health services vary significantly, as do their costs.

Referrals from doctors or agencies are not necessary to access retirement homes.

It is beneficial for seniors and their families to choose at least three retirement homes to visit, conduct full tours, ask questions of staff and residents and possibly consider trial stays before making a decision.



### **For more information:**

Apply directly to the retirement home provider of your choice. To search for a listing of retirement homes in your community, visit the following websites and type “retirement” in the search box:  
[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca) (serves Brampton, Caledon, Malton, Dufferin County, Rexdale and Woodbridge)  
[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca) (serves Mississauga, South Etobicoke, Oakville, Milton, Georgetown and Halton Hills)



### **For more information contact:**

**Your Community Care Access Centre (CCAC)**

See page 10

## For people who need shelter or transitional housing

### Preventing Homelessness in Peel Program

The Preventing Homelessness in Peel Program (PHIPP) provides one-time emergency assistance to low-income families and individuals at risk of losing their home or place of shelter.

PHIPP helps Peel residents who:

- Intend to continue living in Peel
- Are under threat of eviction, or are currently homeless or residing in a temporary shelter
- Have exhausted all options for financial and housing supports, including friends and family
- Are not eligible for assistance under the Ontario Works or Ontario Disability Support Programs
- Are not eligible to receive more appropriate assistance from any other agency
- Do not require PHIPP services as a result of a labour dispute

Ontario Works completes a needs test for all applicants and provides financial assistance and landlord-tenant mediation to eligible residents who need help securing affordable accommodation or preventing eviction.



**For more information:**

**Call:** 905-793-9200

**Visit:** [peelregion.ca/ow/ourservices/community-program/phipp.htm](https://peelregion.ca/ow/ourservices/community-program/phipp.htm)

### Peel's shelter system

#### Emergency shelters

Provide short-term accommodations and meals to anyone in crisis needing shelter. Individuals also have access to 24-hour staffing and support from qualified professionals for additional services.

Visit: [peelregion.ca/housing/shelters-and-homeless-services.asp](https://peelregion.ca/housing/shelters-and-homeless-services.asp) to locate a shelter that meets your needs.

## Transitional housing

Provides supportive services and accommodations for up-to one year for individuals and families who are homeless or have experienced domestic abuse.

There are more than nine emergency shelters and transitional housing facilities in Brampton and Mississauga that are specifically designed for families, men, women and children and youth. If you have nowhere to stay and are in immediate need of shelter, contact Ontario Works in Peel and they will help you find emergency accommodation.

### During business hours

8:30 a.m. to 4:30 p.m., Monday to Friday

**Call:** 905-793-9200

After hours line at 905-451-6108

**For more information on shelter and transitional housing locations, visit:**

[peelregion.ca/contactus/phonenos.htm#after](http://peelregion.ca/contactus/phonenos.htm#after)

### Street Helpline Peel

If you are homeless or are in a situation where you feel you may become homeless, the Peel Outreach Team can provide you with help. This team is mobile and works in partnership with other community agencies to provide support and referrals to assist with basic needs.

### For more information

**Call:** 1-877-848-8481

## For people who need health care and support:

### Long term care homes

Long term care homes are designed for people who require the availability of 24-hour nursing care and supervision within a secure setting. They are owned and operated by a combination of for-profit, charitable and municipal operators.

All long term care homes in Peel operate in accordance with the Ministry of Health and Long Term Care (MOHLTC) standards and all operators are subject to government regulations and frequent unannounced inspections.

There are over 25 long term care homes within Peel.

The MOHLTC provides funding for long term care homes. There is also an amount paid by residents/families for their accommodation in long term care, which is called a 'co-payment.' This co-payment is set and revised annually by the MOHLTC.

**For more information**

and to apply to one of the long term care homes located in Peel, call 416-750-1720 or visit the Community Care Access Centre's website at:

[healthcareathome.ca/](http://healthcareathome.ca/)

See page 10



## Housing for people who need mental health care support and program

### Nance Horwood Place

This centre provides housing and services for older adults who have a primary diagnosis of mental illness. It includes 30 apartment units and is located in central Brampton adjacent to Peel Manor Long Term Care.

The building was constructed with assistance from the Region of Peel and Peel Living. Services and support programs are managed by Supportive Housing In Peel



**For more information:**

**Visit:** [shipshey.ca/](https://shipshey.ca/)

### Supportive Housing in Peel

Supportive Housing in Peel (SHIP) administers housing and specialized mental and physical health services to individuals living in over 800 households in Peel Region, West Toronto and Dufferin County.

All applicants for SHIP housing and health services must be 16 years of age or older. Successful applicants will be assessed to demonstrate the need for support in the areas of living, learning and/or working.



**For more information:**

**Visit:** [shipshey.ca/](https://shipshey.ca/)

**To apply contact:**

**Central Intake**

**Call:** 905-795-8742

**E-mail:** [intake@shipshey.ca](mailto:intake@shipshey.ca)





## For people who need a hospice or palliative care

### Hospice/palliative care

Hospices are residential facilities that provide support and palliative care to individuals who are living with, or dying from a life-limiting illness. The goal is to relieve suffering and improve their quality of life, as well as providing support to families including bereavement support.

Palliative care services focus on helping individuals who are terminally ill to live out their remaining time with dignity and in comfort and can include medical care, pain and symptom management and counselling. Services can be provided at home, in hospitals, long term care homes and in hospices.

To search for a listing of hospices in your community, visit the following websites and type "hospice" in the search box:

**Brampton, Caledon, Malton, Dufferin County,  
Rexdale and Woodbridge**

[www.centralwesthealthline.ca](http://www.centralwesthealthline.ca)

**Mississauga, South Etobicoke, Oakville, Milton,  
Georgetown and Halton Hills**

[www.mississaugahaltonhealthline.ca](http://www.mississaugahaltonhealthline.ca)

## Respite care for adults

Respite care offers temporary living arrangements or special care in the home for adults who have disabilities, are ill, injured or frail, or need to be supervised due to Alzheimer's disease or another type of dementia. Respite care provides a brief period of relief or rest (usually more than twenty-four hours) for the family members, guardians or other people who are the regular caregivers.

There are numerous respite care services available in Peel Region, including programs offered by some Long term care homes and retirement homes.



### **For more information:**

**Call:** 211

Contact your local Community Care Access Centre: See page 10







## Other helpful directories:

- Find It! 55+ Your Community Guide to Healthy Aging in Peel
- The Healthline Directory
- 211

## Find It! 55+ Your Community Guide to Healthy Aging in Peel

Developed by the Peel Elder Abuse Prevention Network (PEAPN) this is your guide to community health and support services in Peel.



**To access it visit:** [peapn.ca](https://peapn.ca)

Look under the “What We Do” menu option



## The Healthline

A wealth of information is available through the Community Care Access Centre web-based resource directory. You can access listings for home care services, health support community resources, and much more in your own region or neighbourhood!



### **For all Ontario listings**

**Visit:** [thehealthline.ca/](https://thehealthline.ca/)

### **For local areas of Peel Region:**

**Brampton, Caledon, Malton, Dufferin County,  
Rexdale and Woodbridge**

**Visit:** [centralwesthealthline.ca](https://centralwesthealthline.ca)

**Mississauga, South Etobicoke, Oakville, Milton,  
Georgetown and Halton Hills**

**Visit:** [mississaugahaltonhealthline.ca](https://mississaugahaltonhealthline.ca)

## 211

211 is a three-digit phone number and online service to help individuals access free, confidential information and referrals to government and community-based health and social services in their communities. Seniors and caregivers can find information about home support programs, financial assistance, health care, pensions, long-term care and housing, legal assistance, elder abuse and maltreatment, tax refunds and rebates among other resources and services.

211 operates 24 hours a day, seven days a week and is available in up to 170 languages.



### **For information, or referrals:**

**Call:** 211

**Visit:** [www.211ontario.ca](https://www.211ontario.ca)

## Map of Peel Region

