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Community  
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Centre

Centre d'accès  
aux soins  
communautaires  
du Sud-Ouest



# The Retirement Home Option

## Reviewing your Options

There comes a time when staying in your own home becomes more challenging.

Your South West CCAC case manager can help you think about what to do next. It may simply be a question of getting more help at home and taking advantage of local programs for seniors. Or it may be time to consider a long-term care home that provides 24/7 medical care. For people who are mobile and still able to manage their own care, retirement homes are an “in-between” option.

## What is a Retirement Home?

Retirement Homes offer some services to make life easier for you. Living in a Retirement Home you can socialize with others, without leaving home.

Retirement Homes –sometimes called Residential or Rest Homes – are privately owned and operated facilities. Some are operated by non-profit organizations such as churches, while others are operated by for-profit corporations.

Retirement Homes offer services such as meals, housekeeping, laundry, medication supervision,

recreation programs, emergency call buttons, and transportation and so on. Services vary from Home to Home.

The rental cost and what services are included vary from one Retirement Home to another.

You are responsible for paying the costs directly to the Home. (OHIP does not pay for Retirement Homes.)

## Choosing a Home

Your case manager can provide you with a list of Retirement Homes in your region, or you can find a list on [www.thehealthline.ca](http://www.thehealthline.ca).

It's important to visit several homes before you make your decision. It may be helpful to take along a friend or family member. Talk to staff members and residents that you encounter on your tour.

Many Retirement Homes offer a complimentary lunch or dinner for you and your guest. You may also be able to arrange an overnight visit or short stay.

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## Here are some questions to ask yourself as you consider your options:

### Money matters

- How much can you afford to pay?
- What rental units are available and how much do they cost?
- How often is the rent increased?
- What is included in the rent?
- What are the extras and how much do they cost?
- Are phone and cable included in the rental agreement, and if not how much do they cost?
- What is the payment schedule?

### Home Sweet Home

- Is the Home clean and attractive?
- Are the rooms and suites well equipped?
- Will you have a kitchenette?
- Is it easy to get around if you use a walker or scooter?
- Are there grab bars in the shower and toilet areas? If not, can you add them and other assistive devices?
- What furniture, appliances and other personal effects can you bring?
- Is the Home's kitchen clean?
- Is the Home located near other community supports like seniors programs and shopping?
- Does the Home have the facilities you're looking for, such as an exercise room, gardens, computer access, lounges?
- What kind of transportation is available to get you into the community?
- Are there adequate fire safety measures, such as sprinklers, alarms and automatic doors?
- Is the Home secure?

### Your new 'family'

- What are the qualifications of the staff?
- Do they seem friendly and caring?
- How many staff members are on duty at night? Are they equipped to deal with emergencies?

- Do the residents seem happy and well cared for?
- Are recreational activities offered that appeal to you?
- Is your unit private? Do staff members knock before entering?
- Is there additional care available if I get sick or my health declines?

### Bon Appétit

- Do the menus offer choice?
- Does it look and taste like the kind of food you enjoy?
- Can the Home provide special diets, such as pureed and low-salt?
- Is a dietician consulted on the Home's meal plans?

### In case of problems

- Do residents have a say in running the home?
- Does the Home have policies and procedures for dealing with complaints?
- What type of notice is required if you decide to move?

## Call the South West CCAC

### London

519 473 2222  
1 800 811 5146

### Owen Sound

519 371 2112  
1 888 371 2112

### Seaforth

519 527 0000  
1 800 267 0535

### Stratford

519 273 2222  
1 800 269 3683

### Strathroy

519 245 3233  
1 800 265 6235

### St. Thomas

519 631 9907  
1 800 563 3098

### Walkerton

519 881 1181  
1 888 371 2112

### Woodstock

519 539 1284  
1 800 561 5490

For more information visit [www.sw.ccac-ont.ca](http://www.sw.ccac-ont.ca).

For information about health and social services across the South West visit [www.thehealthline.ca](http://www.thehealthline.ca).