

## NIAGARA NORTH SENIOR HOUSING RESOURCES

### INDEPENDENCE

#### Adult Lifestyle Communities

Many people live in a home they bought years ago under different circumstances than those they are now living in. Adult lifestyle communities are growing in popularity for those 55 and older and are expected to continue to grow in numbers over the upcoming years as the population continues to age.

These adult lifestyle communities are created for active seniors:

- **Cherry Hill:** <http://www.parkbridge.com/en-ca/retirement-communities/cherry-hill>

#### Garden Suite/Secondary Suites

Garden Suites are a pre-made residential structure installed on a one unit basis (up to 20 years) in the backyard of an existing home, where a secondary suite may be contained within the primary residential dwelling of a family member. Both Garden Suites and Secondary Suites allow for independent seniors living while still being close for family support.

The Ontario Government is attempting to make it easier to create secondary suites and garden suites as proposed in their Housing Supply Action Plan.

#### Wellness Support

Many seniors wish to stay in their home; however, they may need some additional support to remain at home. There are many home and community healthcare services in Ontario that will help seniors retain their independence, while still providing some assistance.

Many of home and community healthcare services offer:

- Personal care services like companionship, meal prep, medication reminders, housekeeping, and fall prevention
- Medical facilities like nursing, wound care, and therapy

This at-home wellness support is offered by:

- **Bayshore:** <https://www.bayshore.ca/>

### SAFETY

#### Home and Vehicle Modification Program

Offered through March of Dimes Canada, provides funding for necessary home modification and is intended to assist permanent Ontario residents with a substantial impairment that is expected to last one year or more.

The following must be accurate to be eligible for a grant or loan:

- You are a permanent Ontario resident
- Ongoing or recurring disability/impairment that is anticipated to continue more than one year
- Your disability/impairment impedes mobility and results in substantial restrictions in activities of daily life

It may be possible to qualify for up to \$15,000 towards home modification:

- If you have a gross annual income of over \$35,000, you may be required to contribute towards the cost of the requested home modification(s)
- If the applicant receive ODSP Income Support, Ontario Works, or the Old-Age Security Guaranteed Income Supplement as their only source of income, you are not required to complete the Financial Calculation Worksheet

For more information on the Home and Vehicle Modification Program visit the website at <https://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx>

### **Exercise and Fall Prevention Programs**

Seniors (65+) can join free classes to help maintain balance and strength to help prevent falls. A physiotherapist or other health professionals teach fall prevention classes and provide information on preventing falls for seniors.

There is no referral needed.

For exercise and fall prevention programs in Niagara North visit the website at <https://www.hnhbhealthline.ca/listServices.aspx?id=10986>

### **AFFORDABILITY**

If you are a Hydro One customer in Niagara North:

#### **Home Assistance Program**

Hydro One offers free energy-efficient upgrades to the home.

To be eligible for the program you have to be a Hydro One customer and:

1. Own or rent your home or live in an eligible non-profit housing property
2. Your gross household income for the last year is not more than these income levels

1 Person	\$32,843
2 People	\$40,886

Or you have received one of the following in the past 12 months:

- Allowance for the Survivor

- Guaranteed Income Supplement
- Allowance for Seniors
- Ontario Works
- Ontario Disability Support Program

Or you have received a Low-Income Energy Assistance Program Grant or were part of the Ontario Electricity Support Program in the past 12 months

For more information on the Home Assistance Program, visit the website at <https://www.hydroone.com/saving-money-and-energy/residential/financial-assistance/hap>

### **Budget Billing**

A program offered through Hydro One where you pay the same amount each month to more efficiently manage your household budget.

How Budget Billing works:

- Monthly budget billing is set based on your billing history to even out your energy cost over a year
- Pay the same amount for six months, and on the six and nine months, your monthly payment amount is reassessed to make sure you are not paying too little or too much
- Have to lock in for 12 months