

HOME AND COMMUNITY CARE IN ONTARIO

If you are like many of us, and overall your health is good, HOME CARE is what you would want if you needed it. And you may need it sooner than you think. One fall and broken bone – maybe yours, maybe a spouse's – and suddenly you need help. Or maybe you're already wondering: how long will I be able to stay in my home?

Be Prepared

The best way to ensure that care at home will be possible for you or your loved one is to start now researching options in your own community.

1. Discuss it with family members. Let them know you're looking into home care options when you need it. And, always discuss your care needs and plans with your family physician.
2. Contact your local Home and Community Care Support Services at 310-2222 (No area code required). The Ontario website is <https://healthcareathome.ca> (*NOTE: Home and Community Care Support Services is the new business name for Local Health Integration Networks*)
3. Discuss it with your local branch: what services are available in your area; what are or will be your needs; what are your options. They will determine your eligibility for the home care services they provide, and develop a care plan for you if you are eligible for their services.
4. If you are not eligible for home care services, your local Home and Community Care Support Services organization may provide information about or referrals to other resources that may better suit your needs.



Some questions to ask:

- What types of home care services do they offer?
 - Health care Professionals
 - Personal Support Services
 - Homemaking

- Family-managed home care or self-directed care
- End-of-life care at home
- How does one qualify for government – funded services?
To be eligible for publicly funded home care services in Ontario, you must have:
 - a valid Ontario Health Card.
 - health care needs that can be safely met at home with the help of the services that Home and Community Care Support Services is able to provide.
 - a home environment safe for both care provider and person needing care.
- Services available in your community:
Many organizations provide community care for seniors, and this may vary greatly from community to community. You may have to pay a fee for some of these programs and some of the listed services on the Provincial website are offered only in larger communities. Ask around; take notes.



Who Pays for home care?

If you do not qualify for subsidized services, you may have to pay for services such as a PSW or home support worker.

- If so, the hourly rate for basic home care varies across the country but is typically \$20/to \$30/hour.
- The service of an RN /RPN would be much higher, averaging \$65/ to \$75/hour.
- Service from an agency averages \$28-\$35/hour. Keep in mind that this may vary depending on the agency you choose, your location, and the services you require.
- Not all agencies require a minimum number of hours. However, an average required by agencies in Ontario is usually around 20-25 hours per week.

Bottom Line

If you will want home care services – whether now or soon enough - talk to your doctor, research, review your benefits, and compare prices. Bottom line: find the local services that may support you or your loved one to continue living independently at home. Don't wait!