



Home Supports and Housing Options



A guide for

AGING WELL *in Regina*

is produced by Age-Friendly Regina

agefriendlyregina.ca

Age-Friendly Regina sincerely thanks the many organizations and partners whose ongoing support and encouragement have helped shape and sustain these guides over the years.



Saskatchewan
Health Authority



Please note: Information including programs and services, addresses, links, and email addresses may become out of date. No endorsement is made or intended for any of the services listed. The information provided is not exhaustive.





Home Supports & Housing Options



Are you struggling to be able to get around or take care of yourself in your current home?

Do you find the upkeep of your home to be too much for you now?

Has there been a change in your life that means you may have to look at different housing options?

Relationships, financial situations, and/or abilities can change as we grow older. The size of your home, upkeep and maintenance, cost, and accessibility are common reasons people consider moving. A combination of assistance with daily activities, financial benefits, and/or different housing options can support people to live independently for longer.

This section of the Guide for Aging Well in Regina provides information about in-home supports, financial supports and housing options that are available for older adults.

Sometimes the amount of care and support people need is more than what is available; in that case personal care homes or long-term care homes may be an option and there is information about those as well.

If you or someone you know is looking for information about...

...start in this section

In-home supports and services available to help people get the care and support they need while remaining in their homes.



In-Home Supports
Pages 1 - 10

Federal, Provincial and Municipal benefits and programs to save money on things like prescriptions and housing.



Government Benefits
Pages 11 - 16

Some of the different rental housing options in Regina, both with and without extra supports and services (e.g. cleaning, meals, personal care).



Housing Options
Pages 17 - 31

You can click on the page numbers above to be taken directly to that section

This guide is part of the Aging Well in Regina series that also includes sections on: **Transportation Options, Mental Health and Wellbeing, and Crime Prevention & Safety.**

To access the guide online and for information about Age-Friendly Regina visit: agefriendlyregina.ca

If you don't have access to a computer or need help finding the information, please visit your nearest Regina Public Library for support.



Home Supports and Housing Options

In-Home Supports

<u>Intermediate Care Services</u> (formerly Senior's House Calls)	Page 2
<u>Home Care Services</u>	Page 3
<u>Palliative Home Care</u>	Page 5
<u>Primary Healthcare Treatment Centre</u>	Page 6
<u>Private Home Care Services</u>	Page 6
<u>Individualized Funding</u>	Page 7
<u>Community Programs</u>	Page 8
<u>Food and Grocery Delivery</u>	Page 9

You can click on anything underlined in this list to be taken directly to that section

You will find these symbols throughout:  - Services that are free
 - Services that are low cost.



Age-Friendly Regina wishes to acknowledge that we live, work, and play on Treaty 4 Territory. These are the traditional lands of the Cree, Saulteaux, Dakota, Nakota, Lakota, and the homeland of the Metis Nation.



Whether you access the in-home supports available through the Saskatchewan Health Authority (SHA) or contract a private company or individual, the goal of the supports is the same:

To help you stay in your own home as long as possible, safely.

A wide variety of supports are available. If you go through the SHA, the supports you can access are determined by an assessment that is completed with you.

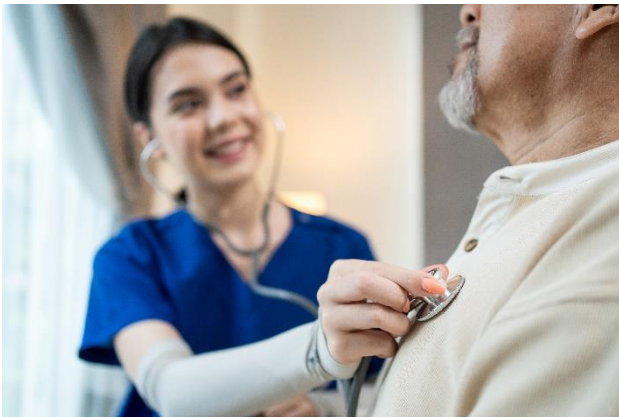
If you contract a private company or individual they may also do an assessment, but you can usually choose exactly what you would like help with based on what they are able to offer and you are able to purchase.

Note: The services listed below are available to anyone who owns their own home or rents any type of individual suite.

Intermediate Care Services (formerly Senior's House Calls)



306-766-6280 – choose Option 1



Intermediate Care Services (ICS) is available for individuals who are at home but have difficulty getting to medical appointments and:

- Are experiencing an acute health event that is not an emergency (an acute health event is something that develops quickly and lasts a relatively short time like days or weeks),
- Need help managing a chronic condition, and/or
- Require a medical assessment and/or treatment in-home at no cost.

The team includes Nurse Practitioners, Registered Nurses, Advanced Care Paramedics, Primary Care Paramedics, Social Workers, and Pharmacists. They can:

- Assess your health situation,
- Perform diagnostic testing as required,
- Provide treatment including intravenous (IV) therapy like fluids or antibiotics,
- Follow up,
- Prescribe and review medications,
- Develop care plans with individuals, their caregivers, and medical health professionals.
- Be involved with discharge planning from the hospital and provide short term follow-up after discharge (wound management, IV antibiotics),
- Assist with Advanced Care Planning, ensuring your wishes for your future health care decisions are known, and
- Provide assistance in navigating the health system.



Note: You do not need to be receiving Home Care services to access ICS.

You do not need a referral from your primary care provider. You can call yourself or for a friend or family member. If you are calling for someone else, be sure the individual is agreeable to receiving the services.

What to expect:

When you call, you will speak with someone who will take your basic information like your name, address, and health card number, as well as information about why you are calling.

Someone from ICS will call you back, usually that same day. They will collect a bit more information from you and if it is needed, will schedule an appointment for the appropriate health care provider to see you in your home.

Appointments are generally either the same day you speak with someone from ICS or the next day.

Home Care Services – Saskatchewan Health Authority (SHA)



☎ (306) 766-7200 (Open 7 days a week)

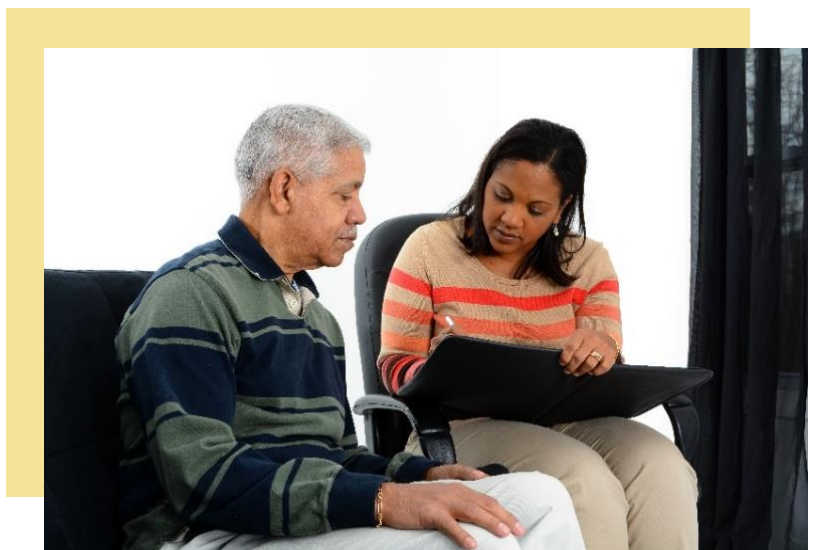
How to access Home Care services and what to expect

Home Care supports people who need help because of illness, injury, aging, or at end-of-life so they can continue living safely and independently in their own home.

If you think you would benefit from Home Care services, please call the number above.

You will be asked a number of questions and if you meet the program criteria, an Assessor Coordinator will come out to meet you and complete an assessment. If you do not meet the program criteria, you may be referred to other services.

A physician referral is not needed. You can call for yourself or on behalf of a family member or friend; however, the individual must be agreeable to receiving the services.





If you are being discharged from hospital, there is usually a Social Worker/Assessor Coordinator involved who will help set up any assessments and temporary or long term supports you may need. This is called the “Discharge Planning and Support Team.” If you or someone you know is:

- being discharged,
- will likely struggle at home without support, and
- hasn’t been connected to a Social Worker/Assessor Coordinator,

Ask your doctor or nurse to get the Discharge Planning and Support Team involved in your planning BEFORE you are discharged.

Services can be in place long-term or short-term. Your care needs will be assessed on a regular basis and the supports provided may also change (increase or decrease) based on changes in your health.

Supports available

Note: All services are provided on assessed need only.

The descriptions of what the service includes are some examples only.

Support may include:

- **Case Management** - assessment and coordination of services
- **Nursing services** – medication management, wound care, prevention of wounds, catheter care, diabetic management.
- **Home services** – Assistance or supervision of activities of daily living such as bathing, washing, grooming, dressing, feeding, toileting and transferring.
- **Occupational therapist** – the therapist will assess your equipment needs and ensure your home is accessible and safe.
- **Physical therapist** – the therapist will assess, plan, and monitor your physical therapy programs.
- **Meals on Wheels** – Ready to eat hot meals delivered to you by a volunteer.
- **Tele-Friend through Volunteer Services** – a community volunteer calls to check on individuals.
- **Aboriginal Home Care** – for more information, please call ☎ (306) 766-7200.

Note: Sometimes Home Care services through the SHA cannot provide the amount or kind of care that is needed. In these cases, other options will be recommended.





Cost for Home Care services

There is no cost for services provided by a Nurse, Assessor Coordinator, volunteer Tele-Friend, Physical Therapist, or Occupational Therapist.

Charges do apply for Continuing Care Assistants (CCAs) who assist with home services and/or Meals on Wheels. There is a set cost per hour for the first ten (10) hours of support you receive each month. After that, you are charged a rate that corresponds to your adjusted monthly income. You will be provided more information about fees and subsidies during your assessment. Please call ☎ (306) 766-7200 for up-to-date information on charges.

Fees for Home Care services are established by the Saskatchewan Ministry of Health and are reviewed annually.

Palliative Home Care – Saskatchewan Health Authority (SHA)



☎ (306) 766-7200

Palliative Home Care provides extra support for people living with a serious illness. It focuses on comfort, quality of life, and helping people live as well as possible. Supports are assessed and provided based on each individual and their situation.

Palliative Care teams work with patients and families to provide support such as:

- Help managing pain and other symptoms
- Support for emotional, social, cultural, or spiritual concerns
- Help understanding your health situation and making care decisions
- Conversations about goals of care and future planning
- Support for family members and caregivers
- Help navigating the health care system and connecting to services

Palliative Home Care is not only for the last days of life. It can begin earlier and may be provided alongside other treatments.

The care team may include nurses, doctors, social workers, therapists, and many other support providers – working together with you and your family, if applicable.

Depending on your needs, Palliative Care may also help you access medications, equipment, oxygen, nutritional supports, and other programs.

If you or a loved one is living with a serious illness and would benefit from more support, talk to your health care provider about the potential of a referral to Palliative Home Care or call

☎ (306) 766-7200 for more information.



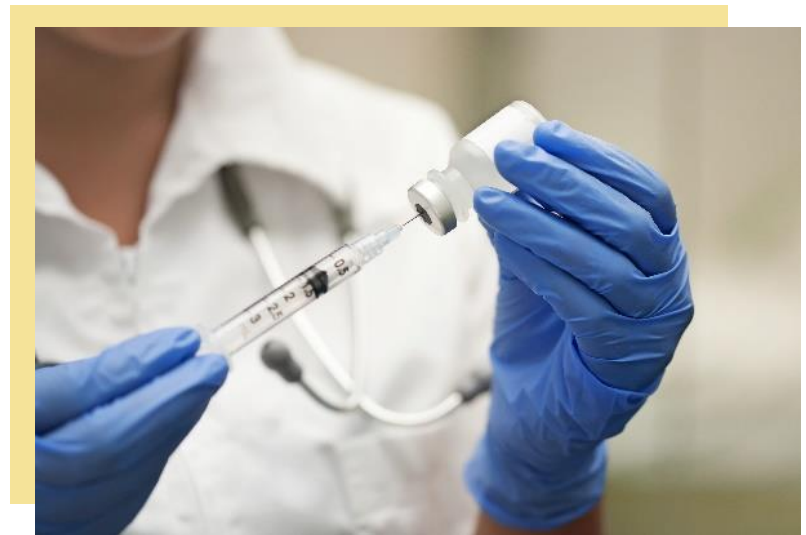
Primary Healthcare Treatment Centre – Saskatchewan Health Authority (SHA)



☎ (306) 766-0370 **Address:** 1311 Broadway Ave. **Hours of operation:** 8:00 a.m. to 8:00 p.m.
Monday - Sunday

For those who are able to get places on their own **and** are referred by their physician, the Primary Health Care Treatment Center gives the option of booking an appointment rather than waiting at home for a Home Care Nurse. Most appointments are same day or next day. Services include:

- wound dressing changes and assessments,
- suture and staple removal,
- ostomy care
- catheter monitoring and changes,
- injection therapy and IV therapy - both administration and maintenance.



Private Home Care Services \$

There are many private agency and individual home care service providers in Regina, too numerous to list here. To find them, you can:

- Search using an online tool like Google® and type in: *Private home care services in Regina, Sk.*
- Call, text or search 2-1-1 Saskatchewan online.

If online, you can narrow your search by choosing:

Search Method → “Older Adults”

Topic → “Home support” or “Home Health Care”

Location → “Regina”

- Call the Saskatchewan Health Authority at ☎ (306) 766-7200 and ask for a list of some of the private home care providers

Note: The list provided by the Saskatchewan Health Authority (SHA) is not exhaustive. The SHA does not endorse any of the listed companies or individuals, it is simply a list of people/agencies that have identified themselves as providing services.



Individualized Funding

What is Individualized Funding?

Individualized Funding (IF) allows you, or your guardian, to receive funding directly to manage your own support services. This option allows you to have more choice and flexibility for help with things like:

- personal hygiene
- dressing
- bathing
- light meal preparation
- other household tasks

The services you can pay for with the funding are limited to your assessed need. You cannot use IF funding for professional health services like registered nursing, physical or occupation therapy, etc. However, you can still access those services through Home Care if necessary.

Note: If you are on IF, you are not eligible for support services through the regular Home Care program.

What would your responsibilities be?

Managing the services of Individualized Funding requires time and effort. You or your guardian must be willing and able to take on the responsibilities, which include:

- Signing and fulfilling an agreement with the Saskatchewan Health Authority that outlines your services, funding level, accountability, reporting requirements, and other details.
- Applying for coverage with Workers' Compensation Board.
- Negotiating reasonable and fair wages and benefits for employees.
- Recruiting, hiring, and training staff to provide your care. You cannot hire family members and in some cases you cannot hire Health Authority employees.
- Managing employees including scheduling, timesheets, and payroll. There is a monthly administrative fee provided with IF. You can do it yourself or contract someone to take care of your payroll, including all deductions.
- Establishing a backup care plan. Your backup cannot be the regular Home Care program. You may use a private agency as your backup plan.
- Reporting to the Saskatchewan Health Authority regularly.

Who can access Individualized Funding?

You may be eligible for Individualized Funding if you:

- meet the criteria to receive Home Care services in Saskatchewan, and
- have fairly stable care needs requiring care for at least 6-12 months.



How to access Individualized Funding

If you are already connected to Home Care, you can ask your Assessor Coordinator or Case Manager for more information.

If you are not connected to Home Care, please contact your local Home Care program for more information at ☎ (306) 766-7200.

To learn more about Individualized Funding

Please visit: saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/individualized-funding-for-home-care.

If you're interested in applying for Individualized Funding, the webpage linked above provides a list of community-based organizations that may be able to assist you. You can find them under "Further Information."

Community Programs



Regina 55+ Community Centre – Home Help Program

☎ (306) 525-2154 Website: regina55.com/home-support-services/

Available services include: House cleaning, companionship, assistance getting to appointments, shopping, and other activities. Yard maintenance services are available (yard cleanup, wash outside windows, trim low tree branches, clean eavestrough). There is a charge for these services. Call or visit the website for pricing.

Note: Lawn care and snow removal are popular and often have lengthy waitlists.

Snow Angels



The City of Regina provides a grant for community associations to run volunteer residential snow removal services called "Snow Angels".

These snow removal services are for individuals who experience barriers to shoveling snow from their property and would not otherwise be able to access these services.



To find out if your community association is offering the Snow Angels service you can:

- Find a list of participating community associations at: regina.ca/about-regina/grants-scholarships/community-investment-grants/snow-angels-community-grant,
- Contact your community association directly to see if a program is being offered. Find your community association and their contact information here: regina.ca/parks-recreation-culture/community/associations-boards, or
- Call the City of Regina at ☎ **(306) 777-7000** to find out which community association you belong to, how to contact them, and/or if that association has a Snow Angels program.

Food and Grocery Delivery

\$

Having food delivered to your door has never been easier. Regularly eating nutritious meals is key to maintaining independence and health. Thankfully there are several fantastic options in the city of Regina. Please contact these businesses to inquire about availability and fees for delivery.

Grocery Delivery

- **Save-On-Foods**
☎ **(306) 546-5739** Website: saveonfoods.com
Offers online ordering with home delivery or curbside pickup. Delivery fees apply.
- **Real Canadian Superstore**
Website: realcanadiansuperstore.ca
Online ordering is available with pickup or delivery options. Payment is made online.
- **Lakeview Fine Foods**
☎ **(306) 586-5221**
Orders placed by phone (Monday–Friday, 9:30 a.m.–12:00 p.m.)
Delivery next day between 11:00 a.m. and 2:00 p.m.
Delivery fee applies.
- **Local and Fresh**
☎ **306-988-2272** Website: localandfresh.ca
Offers local grocery delivery. Check website for ordering and delivery details.
- **Ukrainian Co-operative Association**
☎ **306-522-3125**
Phone orders in by Wednesday; delivery on Friday. Delivery fees applied.



Prepared Meals and Frozen Meal Delivery

- **REACH Regina**
☎ (306) 347-3224 Website: reachinregina.ca
Offers prepared meals with delivery fees waived over a certain amount. Also offers 'Good Food Boxes' with fresh produce at a discounted price. Call about availability and delivery times for your area.
- **Donna's Home Style Cooking**
☎ (306) 536-2036 Website: donnashomestyle.ca
Home-style meals available for delivery or pickup.
- **Wallnuts Catering & Café**
☎ (306) 543-9255 Website: wallnuts.ca
Offers frozen meals and catering options for pickup.
- **M&M Food Market**
Multiple Regina locations. Website: mmfoodmarket.com
Offers frozen meals that are easy to prepare at home. Some locations may offer delivery or pickup options.

Food Delivery Apps

There are several delivery apps available for hot and fresh food. These services require a smartphone, tablet or computer with payment made by debit or credit card. You are encouraged to tip through the app so there is no need to exchange money by hand. Friends and family can also place orders for you from their account. You can find these apps in the Google Play Store and the Apple Store App. Popular companies include:

- Doordash,
- Uber Eats, and
- SkipTheDishes.

Grocery Delivery Apps

Like the food delivery apps, groceries can also be ordered through your smartphone and delivered to your door. Popular companies with their own app include:

- Instacart,
- Walmart, and
- PC Express (Real Canadian Superstore).



Home Supports and Housing Options

Government Benefits

<u>Pensions & Income Supplements</u>	Page 12
<u>Saskatchewan Housing Programs</u>	Page 12
<u>Healthcare Cost Support</u>	Page 13
<u>Utilities & Municipal Costs</u>	Page 14

You can click on anything underlined in this list to be taken directly to that section



Several government benefits and programs are available to help reduce financial stress for people and families who qualify. Some programs automatically determine eligibility using information from your income tax return, while others require you to apply. To learn more about available benefits, eligibility requirements, and how to apply, visit the program websites or contact them directly.

Pensions & Income Supplements

Old Age Security (OAS) - ☎ 1 (800) 277-9914.

canada.ca/en/services/benefits/publicpensions/old-age-security

A monthly, taxable pension given to Canadian over 65. It is funded by tax revenue making it available to everyone regardless of work history. You must be a Canadian resident for at least 10 years to receive a partial pension, and over 40 years to receive a full pension.

Guaranteed Income Supplement (GIS) - ☎ 1 (800) 277-9914.

canada.ca/en/services/benefits/publicpensions/old-age-security/guaranteed-income-supplement

For those over 65 who are eligible for OAS and qualify as low income. This extra financial support is based upon income level, legal residency and marital status.

The Saskatchewan Seniors Income Plan (SIP) - ☎ 1 (800) 667-7161.

saskatchewan.ca/residents/family-and-social-support/seniors-services/seniors-income-plan

A provincial benefit meant to help those on the lower end of GIS. In addition to financial support, those on SIP receive a yearly eye exam, a reduced deductible for prescription drugs, a loan of medical devices and supplementary health benefits if the person is living in a special care home.

Saskatchewan Housing Programs

The Saskatchewan Housing Corporation oversees several programs to help older adults with their housing concerns. These include but are not limited to:

The Saskatchewan Housing Benefit - ☎ 1 (844) 787-4177.

saskatchewan.ca/residents/housing-and-renting/renting-and-leasing/saskatchewan-housing-benefit

The Saskatchewan Housing Benefit is available to low-income individuals and families renting on the private market (not subsidized or income tested). Benefit amounts are income-based and considers rent paid and household size. Paid directly to those who qualify, funds can be used for rent, heating, power and other essential household costs. To be approved, your income must be below the program threshold, and you must not be receiving other significant housing subsidies. You can apply online or contact the Saskatchewan Housing Corporation for a paper application. Processing times can vary.



Adaptations for Independence Program (AFI) - ☎ 1 (800) 667-7567.

saskatchewan.ca/residents/housing-and-renting/home-repairs-and-renovations/adapt-a-home-for-a-person-with-a-disability

Helps low-income homeowners and landlords make homes safer and more accessible for people with disabilities or difficulty with mobility. Funding may be available for changes such as wheelchair ramps, grab bars, walk-in showers, wider doorways, stairlifts, and other accessibility improvements.

Eligible applicants may receive a forgivable loan. This means the loan may not need to be repaid if the program conditions are met. To qualify, the home must be the person's main residence, the household must meet income and asset limits, and the modifications must be recommended by a qualified health-care professional. Approval must be received before any work begins.

The Emergency Repair Program (EHRP) - ☎ 1 (800) 667-7567.

saskatchewan.ca/residents/housing-and-renting/home-repairs-and-renovations/emergency-home-repairs

Helps low-income homeowners pay for urgent repairs needed to keep their home safe to live in. Funding may be available for serious problems such as a broken furnace or heating system, plumbing or electrical hazards, leaking roofs, or other health and safety concerns.

Assistance is provided as a forgivable loan, which may not need to be repaid if program conditions are met. To qualify, you must own and live in the home as your main residence, and your household income and assets must fall within the program limits.

Approval must be received before any work begins. Once approved, repairs usually need to be completed within a set timeframe.



Healthcare Cost Support

Both the provincial and federal government have programs to help save older adults money on medical expenses, including:

The Saskatchewan Special Support Program - ☎ 1 (800) 667-7581.

saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/drug-cost-assistance

This program is intended to reduce costs of prescription drugs and some medical supplies for low-income individuals and their families. You still pay a portion of the cost based, which is calculated based on your household income. There is a maximum amount you must contribute (either monthly or annually). To qualify you must be low-income and supply your income tax information. You are not signed up automatically for this program. You can also access the Seniors' Drug Plan at the same time.



The Saskatchewan Seniors' Drug Plan - ☎ (306) 787-8679.

saskatchewan.ca/residents/health/accessing-health-care-services/seniors-drug-plan

The Seniors' Drug Plan is available to Saskatchewan residents over 65 and reduces the price of eligible prescriptions to a maximum of \$25. Eligible prescriptions are listed in the Saskatchewan provincial formulary. It does not cover all medications. Like the Special Support Program, you must apply and provide income tax information.

The Canadian Dental Care Plan - ☎ 1 (833) 537-4342.

canada.ca/en/services/benefits/dental/dental-care-plan

The Canadian Dental Care Plan is available for eligible Canadians whose net family income is less than \$90,000 a year and do not have private dental insurance. After filing income tax returns, a percentage of the costs associated with visiting the dentist will be covered based on your income level. The plan helps with exams, x-rays, cleanings, fillings, extractions, some dentures and restorative work (with limitations). Not all dentists participate in this program and some services require pre-approval.

The Saskatchewan Aids to Independent Living (SAIL) Program - ☎ (306) 787-7121

saskatchewan.ca/residents/health/accessing-health-care-services/health-services-for-people-with-disabilities/sail

The Saskatchewan Aids to Independent Living Program is available to eligible residents to provide medical equipment and supplies. Supports include but are not limited to, wheelchairs, walkers, oxygen equipment, orthotics, prosthetics and compression garments. You must be referred to the program by a healthcare provider, such as a doctor, occupational therapist or physiotherapist. Items are loaned to individuals, not necessarily given. Access to mobility devices is based on availability. There may be a waitlist.

Utilities and Municipal Costs

Utility companies in Saskatchewan and the City of Regina offer programs that can help eligible low-income residents with utility costs.

SaskPower - The Energy Assistance Program ☎ (306) 910-7304

saskpower.com/power-savings-and-programs/home/programs/energy-assistance-program

Provides free upgrades to your home to save money on electricity. This includes LED lighting, smart thermostats and insulation improvements. Only low-income households qualify. There is no cost to the homeowner or renter and it can significantly reduce monthly bills over time.



SaskPower - The Home Efficiency Retrofit Rebate

saskpower.com/power-savings-and-programs/home/programs/home-efficiency-retrofit-rebate

The Home Efficiency Retrofit Rebate can provide up to \$1,800 in upgrades to windows, doors, sealing, efficiency and insulation. It requires applying within an application window and paying upfront, so it is best for homeowners with the ability to pay for upgrades.

City of Regina Affordability Programs

☎ (306) 510-3998 regina.ca/home-property/water/water-tax-affordability-programs

Water & Waste Rebate Program

Low-income households with at least one senior or person with a disability can apply for the Water & Waste Rebate Program to receive \$25-50+ per month. This is meant to assist with utilities and will be applied directly to a utility bill.

High-Efficiency Water Retrofit Program

The High-Efficiency Water Retrofit Program provides free or subsidized access to water saving upgrades. It can be accessed to obtain new showers, toilets and faucets that use less water. This program is an effort to reduce water and electricity costs for residents.

Low-Income Municipal Property Tax Deferral Program

For homeowners, the Low-Income Municipal Property Tax Deferral Program allows for the deferment of some property taxes for eligible homeowners. Up to \$600 per year can be deferred, with the amount to be repaid later (commonly when the house is sold). This program is best for seniors who own a home but are low-income.





Home Supports and Housing Options

Housing Options

<u>Subsidized and Affordable Housing</u>	Page 18
<u>Co-op Housing</u>	Page 23
<u>Assisted Living/Enhanced Housing</u>	Page 25
<u>Personal Care Homes</u>	Page 27
• <u>Personal Care Home Benefit</u>	Page 28
• <u>How and where to search for personal care homes</u>	Page 28
<u>Long-term Care Homes</u>	Page 30
• <u>When and how</u>	Page 30
• <u>Long-term care homes in Regina</u>	Page 31

You can click on anything underlined in this list to be taken directly to that section

You will find this symbol throughout:  - Housing options that advertise having wheelchair accessible suites

Please note: Although we tried to list more affordably priced housing options, we acknowledge that what is considered affordable is different for everyone.



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The housing options that would be recommended for individuals are directly connected to the income and amount and type of supports they require to live independently. There are four main types of housing options listed in this section:



- **Subsidized and affordable rental housing**
- **Assisted living / enhanced housing** (privately owned and operated)
- **Personal care homes** (privately owned and operated)
- **Long-term care homes**

Recommendation and placement in a long-term care home, either short-term or long-term, occurs through an assessment with an Assessor Coordinator through the Saskatchewan Health Authority. If you are not already connected to one, you can request an assessment by calling ☎ (306) 766-7200.

In the following sections you will find a brief description of each type of housing, as well as a list of options in Regina.

Disclaimer: Age-Friendly Regina does not endorse and is not responsible for the qualification or standards of care provided. The list of options provided is not exhaustive but allows individuals a place to start looking and planning.

Subsidized and Affordable Rental Housing (no supports included)

- Subsidized and affordable rental housing is intended for people who have low income. To qualify, your gross income and assets must meet the program limits.
- It is for people who can live independently, with or without support.
 - If you need support, the type and amount of support you require to meet your needs and live safely can be met using a combination of family, friends, and/or home care services (Saskatchewan Health Authority or private services).
- If subsidized, the amount you are charged for rent is based on your income.



Salvation Army - Waterston House

☎ (306) 569-6088

Address: 1865 Olser St.

This is a transitional housing program out of Waterston Ministries for men in the emergency shelter or working with Coordinated Access Regina. There is an occupancy fee of \$750 per month.

A 40 suite, fully accessible apartment complex for men with low income. Each suite is equipped with a bed, apartment size refrigerator, stove and sink unit, and a wheelchair accessible bathroom. Laundry machines are located on each floor and meals are available at a reasonable cost through Waterston Centre.

Soul's Harbour Rescue Mission

☎ (306) 501-2230 **Website:** shrm.sk.com/services/affordable-housing

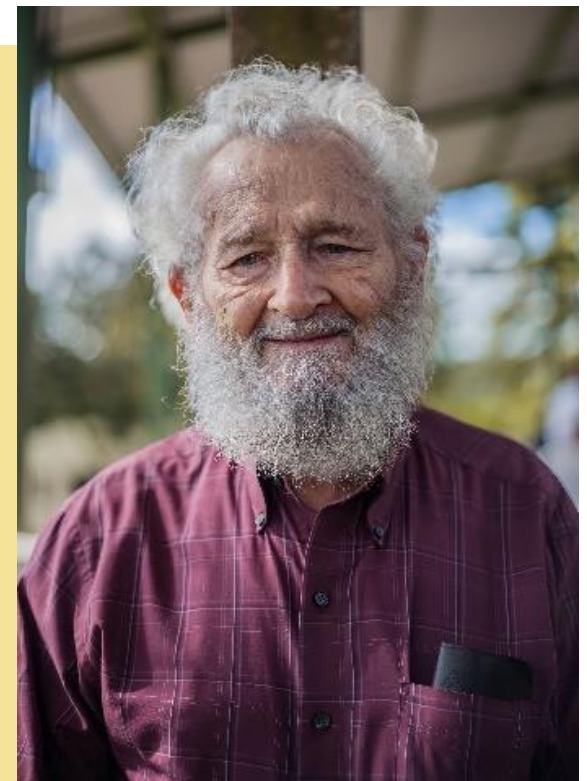
Email: apartments@shrm.sk.com

Soul's Harbour Rescue Mission offers affordable housing for men and women who are drug, alcohol, smoke, and pet free. Rent includes all utilities except cable and internet.

Porter Place - 1610 Angus St.: For individuals 55 years of age and older. 24 bachelor suites (\$700.00/month), 5 one-bedroom suites (\$750.00/month).

Gerri Carroll Hope Centre - 1632 Angus St: For individuals of any age. 13 bachelor suites (\$650.00/month), 4 one-bedroom suites (\$700.00/month). Must pay own power bill.

Applications are available online at the address provided above. Please call or email for more information.



YWCA - Kikinaw Residence

☎ (306) 525-2141 – ask for the residence worker to inquire about availability.

Kikinaw Residence offers a safe and affordable home for single women. There are 49 single rooms for rent that include a small fridge, sink, storage space, bed and bedding. Residence includes shared washrooms and kitchens. Supports including daily life skills and problem solving, counselling and community referrals help women create stability for themselves.

Specific support for teens as well as those who have been released from a Federal Correctional Facility and are on parole is also provided.



Regina Housing Authority (RHA)

☎ (306) 525-2377 Website: reginahousing.ca Address: 1850 Smith St.

Regina Housing Authority offers two programs for adults 55 years and older: the **Social Housing program** and the **Life Lease program**.

Social housing – for those with low incomes. To qualify, you must meet annual income limits and your assets, or the value of the things you own, must be under \$300,000.00.

- Housing options for those 55 years of age and older include high-rise and low-rise buildings.
- Rent is calculated at 30% of gross monthly adjusted income (adjusted income: they don't count some government benefits such as the Seniors Income Plan).
- Security deposits are required and depending on the property, there may be additional costs such as utilities, parking, and extra storage.

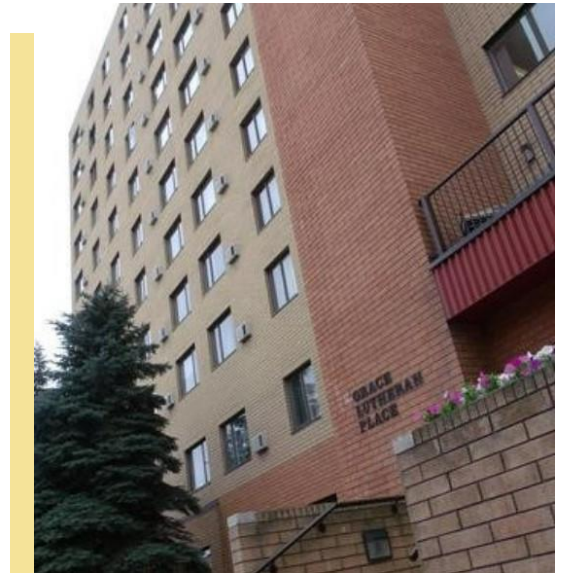


Photo credit: reginahousing.ca/senior

Priority is given to individuals with the greatest need based on: income, current housing costs, current housing conditions, health problems aggravated by current housing conditions and/or if you current housing is unsuitable because of a disability.

Cedar Wood Manor	1510 Broadway Ave. – 150 units, 3 storey building
Davis Mews	2060 Cameron St. – 144 units, 3 storey building
Embury Heights	2122 Winnipeg St. – 105 units, 14 storey building
Forman House	1860 Ottawa St. – 37 units, 3 storey building
Grace Lutheran Place	1025 Victoria Ave. – 68 units, 11 storey building
Hamilton Plaza	2243 Hamilton St. – 128 units, 10 storey building
Heritage	2153 Lorne St. – 127 units, 11 storey building
Horizon	2141 McIntyre St. – 140 units, 13 storey building
Mary Helen Herchmer.....	2121 Rose St. – 146 units, 10 storey building
Palliser Place	1740 Hamilton St. – 154 units, 12 storey building
St. Paul's Place	625 6 th Ave. – 20 units, single storey building
Trianon Tower	2400 – 12 th Ave. – 110 units, 15 storey building



Regina Housing Authority also manages properties that are designed specifically for individuals who require an accessible suite due to mobility restrictions.

- 2240 Albert St 2240 Albert St. – 33 units, 5 storey building
- Huston Heights 702 Sangster Blvd. – 50 units, single storey building

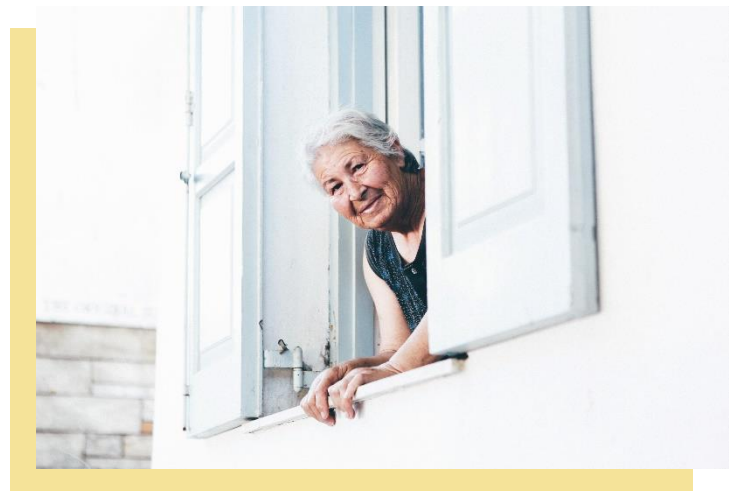
Life Lease Program

The Life Lease Program offers moderate-income individuals and couples the ability to live in an apartment-style home without the responsibilities of maintenance and upkeep.

- Tenants pay a “life lease deposit” which ensures that they can live in that suite indefinitely as long as they can live independently.

“Independently” can be with or without family and community supports such as home care services.

- The suite is leased by the individual, owned by Saskatchewan Housing Corporation, and maintained and managed by Regina Housing Authority.
- Deposit prices start at \$60,600 and increase depending on the size of the suite.
- All utilities are included in the monthly occupancy fee which is based on the operational costs of the building. This cost is calculated annually and changes as needed.
- To qualify, you must make less than the set annual income limits and your assets must be under \$415,000.00.
- A 3 month written notice to end the lease agreement is required from the tenant or the executor of their estate. The life lease deposit (minus any damages) will be returned from Saskatchewan Housing Corporation within 90 days after the tenancy has officially ended.



Life Leases are available in two buildings:

- Benson Manor 1333 McIntosh St. – 50 units, single storey building
- Highland Manor 2221 5th Ave. N – 50 units, 3 storey building



Other Providers of Subsidized or Affordable Housing

Faith Baptist Place

☎ (306) 569-7544

Address: 2616 Central St.

33 subsidized units.

Gabriel Housing Corporation

☎ (306) 775-2905

Address: 506 Lorne St

Website: gabrielhousingcorp.ca

Affordable housing for people who are Métis.

Hewitt Place at Mutchmor Lodge (Independent Living)

☎ (306) 352-8034

Address: 328 Century Cres

Website: mutchmorlodge.com

email: mutchmor@sasktel.net

22 studio and one-bedroom suites.
Recreational programs and monthly lunches
are available at Mutchmor Lodge. There is
security onsite through the night.

Martin Luther Manor

☎ (306) 586-2335

Address: 2536 Parliament Ave.

email: mlm@sasktel.net

Adults 55+. There are 31 subsidized
condos mixed in with 9 privately owned
condos.

Milton Heights (Eden Care Communities)

☎ (306) 564-1220

Address: 1100 Broadway Ave.

Website: edencare.ca/community/#affordable-living

Email: info@edencare.ca

Income tested housing for people of all
ages.

Regina Pioneer Village

☎ (306) 757-5646

Address: 430 Pioneer Dr.

Website: saskhealthauthority.ca/facilities-locations/regina-pioneer-village

Long-term care and seniors housing. 24
hour emergency response alarm system,
access to recreational programming, and
subsidized evening meal service.
Biweekly wellness clinics and weekly
transportation to a local grocery store.

♿ Selo Gardens Housing Authority

☎ (306) 584-1844

Address: 1110 McNiven Ave.

Website: selogardens.com

Email: lfletcher.sgpch@sasktel.net

50 subsidized and 20 life lease apartments for
seniors in a multi-level building.

Photo credit: saskhealthauthority.ca/facilities-locations/regina-pioneer-village





Silver Sage Housing Corporation

 (306) 721-2909

Address: 4200 Dewdney Ave.

Website: silversage.ca/housing

Email: info@silversage.ca

Subsidized and affordable housing primarily for First Nations people who have Treaty status.

St. Basil's Manor Senior's Residence

 (306) 565-4434 - Regina Housing to apply

Address: 1722 Montreal St.

Email: stbasilsmanor@gmail.com (for viewing)

51 suites available.

Co-operative Housing

Co-operative Housing is intended for those who can live independently, with or without support

- If you need support, the type and amount of support you require to meet your needs and live safely can be met using a combination of family, friends, and/or home care services (Saskatchewan Health Authority or private services).

- When joining a co-op, you are often required to buy shares in it. Shares vary in amount but average approximately \$2,000.00 each.
- People who buy shares and live in co-operatives are called “members”. A co-op is not just a place to live – members are expected to participate in its management and operation through an elected board of directors and various committees.
- Members pay a monthly housing fee that is set by the co-op to cover costs such as utilities, maintenance, and improvements.
- When a member moves out of their unit they receive their shares back, minus any damages.

For more information about co-operatives, visit the Co-operative Housing Federation of Canada at chfcanada.coop or contact the specific co-op you are interested in.



Argyle Park Housing Co-operative

☎ (306) 949-9616

Address: 320 Sangster Boulevard

Website: argyleparkco-op.ca

Email: office@argyleparkco-op.ca

Mix of individuals and families;
townhouses and 18 apartments with 1,
2, and 4 bedroom suites.

♿ Cornwall Village Co-operative Housing Association

☎ (306) 569-2663

Address: 2141 Cornwall Street

Email: cornwallvmanager@gmail.com

Adults 50+; 91 suites.

George Taylor Seniors Housing Co-op

☎ (306) 789-3636

Address: 1703 Oxford St.

Email: oxfordmanor103@gmail.com

Adults 55+, 50 suites.

♿ Lakewood Manor Housing Co-operative

☎ (306) 924-0430

Address: 100-1123 Devonshire Drive N.

Website: lakewoodmanor.ca

For more information you can submit a
contact form at: lakewoodmanor.ca/contact
50 suites made up one 1 and 2-bedroom
units.

Meadowlark Housing Co-operative

☎ (306) 789-2575

Address: 2644 Shooter Dr.

67 suites.



♿ Norwest Place Housing Co-operative

☎ (306) 543-5758

Address: 6340 Engel Drive

Facebook: search for "Norwest Place 55+
Housing Cooperative Ltd."

Adults 55+. Rent subsidy with qualifying
income.

♿ Stewart Court Housing Co-operative

☎ (306) 789-7970

Address: 1717 Oxford Street,

Email: stewartcourthousing@myaccess.ca

43 suites, Rent subsidy with qualifying
income.



Assisted Living / Enhanced Housing (privately owned)

- Assisted Living or Enhanced Housing is intended for individuals who are able to make their own decisions regarding their care needs and living arrangements.
- You are provided a separate or self-contained suite.
- Some basic supports are provided. Usually there is the option to purchase more intensive supports if needed. Each place is different in what they provide and what else is available. Supports generally include things like:
 - assistance with activities of daily living
 - social and recreational activities
 - health services and medication administration
 - meal services
 - housekeeping
 - laundry services
- Not all, but many enhanced housing complexes have the option of aging in place – which allows you to increase the amount of care you require while staying in the same place. That means that you may start living independently or with minimal supports and services but then decide to change to assisted living, and eventually need the services of a personal care home, and it can all be accommodated in the same building.

Brightwater Senior Living of Capital Crossing

☎ (639) 709-0190

Address: 1325 Argyle St. N.

Website: brightwaterseniorliving.com/senior-living/sk/regina/capital-crossing

Broadway Terrace

☎ (306) 564-1200

Address: 1150 Broadway Ave.

Website: edencare.ca/community/#sila

Email: info@edencare.ca

Flexible independent senior living (55+).

Pets welcome.

College Park I Retirement Residence

☎ (306) 565-0515

Address: 1535 Anson Rd.

Website: allseniorscare.com/residence/college-park-retirement-residence

Email: mgustafson@allseniorscare.com

Small pets allowed. Transportation to appointments. Private home care services available in building.

College Park II Retirement Residence

☎ (306) 924-0515

Address: 1601 Badham Blvd.

Website: allseniorscare.com/residence/college-park-ii-retirement-residence

Email: jrutko@allseniorscare.com

Small pets allowed. Transportation to appointments. Private home care services available in building.



Harbour Landing Village

☎ (306) 559-5545

Address: 4000 James Hill Rd.

Website: harbourlandingvillage.ca

Email: info@hlvillage.ca

Pets allowed. Transportation to appointments.

Mutchmor Lodge

☎ (306) 352-8034

Address: 328 Century Cres.

Website: mutchmorlodge.com

Email: mutchmor@sasktel.net

No pets.

Qu'Appelle House Suites

☎ (306) 522-0335

Address: 1425 College Ave.

Website: quappellehouse.ca

Email: bev.schatkoski@saskhealthauthority.ca

No pets.

Queen Victoria Estates

☎ (306) 790-1900

Address: 2025 Heseltine Rd.

Website: atriaretirement.ca/retirement-communities/atria-canada-queen-victoria

Pets allowed. Transportation to appointments.

♿ Regina Village (Pioneer Village)

☎ (306) 757-5646

Address: 4550 10th Ave

Pets allowed.

Revera The Bentley Regina/Hillsdale Retirement Residence

☎ 306-584-3333

Address: 3105 Hillsdale St.

Website: reveraliving.com/en/live-with-us/saskatchewan/regina/the-bentley-regina-hillsdale

No pets allowed. Transportation to appointments.



Revera Green Falls Landing Retirement Residence

☎ (306) 559-5657

Address: 3850 Green Falls Dr.

Website: reveraliving.com/en/live-with-us/saskatchewan/regina/green-falls-landing

Pets allowed.

Revera Marian Chateau Retirement Residence

☎ (306) 584-3030

Address: 3651 Albert St.

Website: reveraliving.com/en/live-with-us/saskatchewan/regina/marian-chateau

Pets allowed. Transportation to appointments.

Revera Renaissance Retirement Residence

☎ (306) 525-8686

Address: 1801 McIntyre St.

Website: reveraliving.com/en/live-with-us/saskatchewan/regina/renaissance

Pets allowed. Transportation to medical appointments three days a week.



Trinity Manor at Westerra

☎ (306) 522-3135

Address: 8351 Canola Ave.

Website: trinitymanorregina.ca

Email: reginasales@trinitymanor.ca

Pets allowed.

The Williston - Harbour Landing

☎ (306) 209-5414

Address: 5501 Parliament Ave.

Website: thewilliston.ca

Pets allowed.

Wintergreene Estates Retirement Residence

☎ (306) 585-7100

Address: 4950 Pasqua St.

Website: verveseniorliving.com/wintergreene-estates

Email: info.wintergreeneestatesretirement.com

Private homecare services available in the building. Transportation to appointments. Pets allowed.



Personal Care Homes (privately owned)

- A Personal Care Home is an option when your care needs can no longer be met by your family and/or community supports like home care and private home care services and it is unsafe for you to live on your own.
- You do not need 24 hour onsite health or nursing services but may require the services of a visiting professional.
- They provide supports including meals and assistance or supervision of activities of daily living, medication administration, and social and recreational activities.
- It is important to check with a personal care home directly to learn the type of care they can provide and what kind of training their staff has to provide that care.



In Saskatchewan, personal care homes are privately owned businesses, require a license, and follow regulations set out in The Personal Care Homes Act. For more information about personal care homes, regulations, and responsibilities visit: saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/personal-care-homes#personal-care-home-responsibilities

Personal Care Home Benefit

☎ **1-855-544-7242** Email: PCHBInquiry@gov.sk.ca

Website: saskatchewan.ca/residents/family-and-social-support/seniors-services/seniors-living-in-personal-care-homes

The Personal Care Home Benefit (PCHB) provides older adults with monthly financial assistance to help with the cost of living in a licensed personal care home.

You may be eligible to receive the PCHB if you:

- are 65 years of age or older;
- are a resident of Saskatchewan;
- live in a Saskatchewan licensed personal care home;
- receive an Old Age Security pension; and
- have a monthly income below specified levels.



Call, email, or visit the website for more information.

How and Where to Search for Personal Care Homes

Ministry of Health – Community Care Branch

☎ **(306) 787- 7239** Email: info@health.gov.sk.ca

Website: personalcarehomes.saskatchewan.ca

If you call the Community Care Branch they will mail or email you a package with information on how to choose a personal care home and a listing of care homes with contact information for your area.

On the website you will find an up-to-date list of all of the licensed personal care homes in Saskatchewan. You can narrow it down to see only those located in Regina. It includes additional information such as:

- the owner's name and contact information,
- how many beds it has, and
- some additional notes that may include starting cost and other important details.
- it also lets you link directly to previous inspection reports.



How do you search for a personal care home on this site?

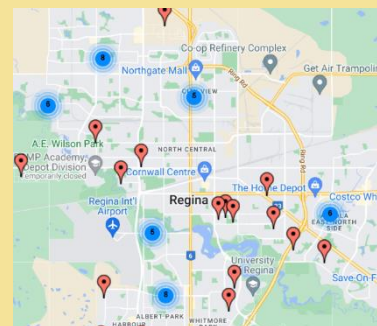
“Map view” is the default.

- You can click on one of the coloured circles shown (Image 1) to narrow down the area you want to search.
- As you click on circles, the location becomes more specific.
- Eventually you will see red map points (Image 2). These are specific locations. If you click on one, the name of the care home, address and date last inspected is listed. The name is underlined. If you click on that, you will be able to view more information about the home.

Image 1



Image 2



Carehomes.ca

Another place you can search for personal care homes, and specifically homes with vacancies, is carehomes.ca. You can search for homes by city, levels of care, and price. The website also includes pictures of the outside of the building.

Note: Not all care homes are a member of this group, so it is not an all-inclusive list.

If you do not have a computer or are having trouble navigating the sites above, staff at your local library branch will be happy to help you access the lists. Take these pages with you for reference. There may be a charge for printing.

Long-term Care Homes

- A long-term care home is an option when your care needs cannot be met by your family, friends, and/or home care services and you need 24 hour onsite health or nursing services.
- Placement in a long-term care home may be either temporary or long-term.
- Services include 24 hour nursing and personal care, medication administration, assistance with daily activities, therapies, and recreational activities.
- Limited space means that when people are assessed, those who are moved into a long-term care facility have the greatest need and are living at the greatest risk.
- Long-term care homes are operated by the Saskatchewan Health Authority or Health Authority Affiliates.



Long-Term Care Homes: When and How?

It is generally a family member or friend pursuing a placement in a long-term care home for their loved one, or staff who are providing care and have noticed a decline in the person's abilities as well as an increase in services and supports needed.

If an Assessor Coordinator or Client Care Coordinator is not involved already, you can call the Saskatchewan Health Authority's intake line at ☎️ **(306) 766-7200**.

You will be asked to provide some basic information and an Assessor Coordinator will call you back, meet with you, and walk with you through the process.

If you are already connected to an Assessor Coordinator or Client Care Coordinator and you feel like the person's situation has changed and it is time to consider a long-term care home, contact the coordinator and ask that the assessment be updated.

Assessments are used to determine the type of care a person requires so it's important to have them updated when there is a significant change. Approvals for admission to long-term care homes are based on these assessments - they ensure that available beds go to individuals with the highest need, who are living at the greatest risk.

An assessment looks at several factors, such as:

- Functional ability
- Physical health
- Mental status
- Living environment
- Informal support system
- Social relationships
- Emotional state
- Spiritual needs

If a bed is not available, you will be placed on a wait list. While you are on the wait list, you can access supports like home care.

You will be contacted by the Saskatchewan Health Authority as soon as accommodation is available.



Long-term Care Homes in Regina

Elmview Special Care Home

☎ (306) 586-1787

Address: 4125 Rae St.

Parkside Special Care Home

☎ (306) 586-0220

Address: 4520 Rae St.

Sunset Special Care Home

☎ (306) 586-3355

Address: 260 Sunset Dr.

Qu'Appelle House

☎ (306) 522-0335

Address: 1425 College Ave.

Regina Lutheran Home

☎ (306) 543-4055

Address: 1925-5th Ave N.

Regina Pioneer Village

☎ (306) 757-5646

Address: 430 Pioneer Dr.

Santa Maria Senior Citizens Home

☎ (639) 625-7100

Address: 4215 Regina Ave.

William Booth Special Care Home

☎ (306) 543-0655

Address: 50 Angus Rd.

For more information, please visit:

saskhealthauthority.ca/facilities-locations. If you are on a smart phone, a search form comes up immediately. If you are on a computer, there is search form on the left side of the webpage. Select "Regina" under "Location" and "Long Term Care Homes" under "Facility Type." You can then click on each facility to learn more about them.



A guide for Where did AGING WELL *in Regina* come from?

Age-Friendly is a worldwide movement that was established by the World Health Organization (WHO) and is promoted by the Public Health Agency of Canada. It focuses on improving communities for everyone.

Age-Friendly Regina believes in listening to and addressing the concerns identified through the lens of older adults for the benefit of people of all ages

Age-Friendly Regina is made up of community members, community organizations, the University of Regina's Centre on Aging and Health, City of Regina, and the Saskatchewan Health Authority and has been active since 2018. Through its work, the committee asks older adults in Regina to identify and address concerns. Based on what was heard so far, this guide was created.

"Aging Well in Regina" contains information geared to older adults (people aged 55+), but the contents are useful to many age groups. Its purpose is to provide information that makes it easier to understand and access different services and programs in our community.

You can find out more about Age-Friendly Regina at agefriendlyregina.ca. To find out how you can get involved, please email agefriendlyregina@gmail.com.