



# Housing Options in Ottawa:

A Guide for  
Older Adults



Prepared by:  
**The Age-Friendly Housing Committee**

# Contents

## INTRODUCTION

05

About This Guide

06

About the Council on  
Aging of Ottawa

07

Should I Stay or Should  
I Move?

08

Age-Friendly Housing  
Search Checklist

## HOME OWNERSHIP

15

Renovate Your Home

16

Buying or Building a Home

19

Sharing a Home

## RENTING

21

Renting at Market Rent

22

Subsidized/Social Housing

25

Co-operative Housing

26

Organizations That Can  
Help



## Housing Options in Ottawa: A Guide for Older Adults (2021)

**DISCLAIMER:** This Guide is intended for informational purposes only. It is not intended to be a complete list of resources available on seniors' housing. The Council on Aging of Ottawa makes no representations, endorsements or warranties, expressed or implied, of the organizations and services mentioned in this Guide. The views in this guide do not necessarily reflect the views of these funders.

This Guide is available online at [www.coaottawa.ca](http://www.coaottawa.ca).

### **Reference:**

The Council on Aging of Ottawa. 2021.  
Housing Options in Ottawa: A Guide for Older Adults  
[www.coaottawa.ca](http://www.coaottawa.ca).

---

## RESOURCES TO HELP YOU STAY IN YOUR HOME

29  
Personal Care and Community Support Services

32  
Financial Help

34  
Home Safety Help

---

## RESIDENTIAL LIVING

37  
Retirement Homes

39  
Residential Services Homes

40  
Long-Term Care Homes

---

## CONCLUSION

43  
APPENDIX A: Key Information Sites

44  
APPENDIX B: Examples of Innovative and Emerging Housing Options



**Disponible en français : Âgés et bien logés à Ottawa : Un guide (2021)**

## Acknowledgements

The Council on Aging of Ottawa gratefully acknowledges the financial support of the Government of Ontario and the City of Ottawa.



Thank you to the following people and organizations for their support and contributions to this publication:

- Members of the Age-Friendly Housing Committee, Council on Aging of Ottawa
- Staff from the City of Ottawa
- Soraya Allibhai, Master of Social Work student who worked with the Housing Committee to prepare the Guide
- Community partners who provided feedback on the draft copy
- Hamilton Seniors Advisory Committee and City of Hamilton for sharing their publication: *Housing Options for Older Adults in Hamilton*
- Kelly Teo for the layout of this guide.



Assisting seniors for almost 2 decades!



## DID YOU KNOW?

There are approximately 90 Retirement Homes and 60 Long Term Care Homes in and around the city of Ottawa? Both systems operate independently and differently.

The average family spends 80+ hours researching and touring these homes and have told us that they still feel unsure of their choice.

## Who Are We?

### Ottawa's Retirement Living Advisors

Our passion is education! We want each Tea & Toast family to feel the sense of relief that comes with knowing you have got the best answers and a backup plan just in case!

### How do we do this?

By listening to your concerns, care needs and preferences.

Aligning the correct Retirement Home with your needs and being on the journey with you from start to finish, is just the tip of what you will receive from your Advisor! Peace of mind and a sense of calm is instore for you!

But don't let us do all the talking! Head over to our website to see the many reviews from our happy families! On the Tea & Toast site you will also have access to numerous blogs, freebies, our online course and book!

Download Your Free Copy!

[www.teaandtoast.ca/download](http://www.teaandtoast.ca/download)



613.698.1319 [teaandtoast.ca](http://teaandtoast.ca)

# Introduction



**H**ousing options for older adults range from living independently in the community (owning, renting or sharing a home), to living in a residence with some supports (assisted living and retirement homes) or living in a long-term care home.

Most older adults want to live independently, at home and in familiar communities for as long as possible. Some want to downsize or find a new home in a welcoming community that better suits their needs as they grow older. Before you decide about your living situation, it is best to gather as much information as possible and to explore your options.

This Guide will help you better understand your housing options and make informed decisions about where you want to live now and in the future. Compare your options and discuss them with family members and friends. Consider asking for advice from a lawyer, financial advisor or real-estate agent. Then decide what works best for you.

Within the Guide, you will find boxes with resources for more information, and for making comments and notes.

**i Resources and further information** (including local, provincial and national sources).

In the electronic version, simply click on the link to get to the resource. If you are using the print version, type the name of the resource or link in a computer (at home or at a library) to see the resource.

**✎ Comments:** A place to write your comments, questions and notes.

Appendix A provides a short list of the key sources for information noted in this Guide. Appendix B provides some examples of innovative and emerging housing options.



# About the Council on Aging of Ottawa

The Council on Aging of Ottawa (COA) serves as a leading community voice in both official languages for Ottawa's seniors. We aim to help Ottawa become more age-friendly by identifying and addressing issues and services that impact the lives of older residents. Our vision is: "Respected, informed and engaged seniors living in an Age-Friendly city".

The COA has been an active part of the Ottawa community for over 40 years, addressing issues important to seniors

in health, housing, social isolation, transportation, elder abuse and income security.

Suitable housing is central to the well-being of people of all ages and is a key part of an age-friendly city. The goal of the Age-Friendly Housing Committee is to explore and advocate for affordable, accessible, appropriate, and available housing (the 4 A's of housing) on the continuum from independent living to long-term care, for older people in the Ottawa region.

## The Four A's are:

### Affordable



Affordable housing costs less than 30% of your before-tax income (for a household or person living alone). Housing costs include mortgage or rent, utilities (hydro, gas and water), property taxes, insurance and other fees (e.g. condo fees, maintenance costs). Access to affordable housing for low- and moderate-income seniors, both renters and homeowners, is challenging in the current market.

### Accessible



As we age, we may experience physical and cognitive changes that limit our movements, senses or activities, and make it difficult to stay in our home. The home may need to be adapted to enable safe, independent living. There is a need for more housing options in Ottawa that are accessible for people with disabilities, especially as the number of people over the age of 65 continues to increase.

## Appropriate



Regardless of the setting, appropriate housing is safe, secure, clean, and well-maintained. Living independently in the community is the appropriate choice for most older people. However, assisted living may be a better option for seniors with health problems that cannot be managed with help from community services. Housing that is close to public transit and neighbourhood services (shops, libraries, parks, seniors' centres, etc.) allows older people to take part in the community fully. Neighbourhoods that encourage social contact prevent isolation.

## Available



Older adults in Ottawa want options that are affordable, accessible and appropriate. Too often these options are limited or just not available in their community of choice. Some options, such as cohousing or home sharing either do not exist or are not available now. Other housing options such as social housing and long-term care homes have long waitlists.

---

## Should I Stay or Should I Move?

It is a big decision to move or change your living arrangements at any stage of life, but especially when you are older. Planning now, before a crisis forces you to move, can make the decision easier and ensure you will be happy with your choice.

Compare your present living arrangements to other options that interest you and that will meet your personal needs in the future. Renovating your current home may be the best option for you now. But for others, finding different living accommodations may be a better option.

The *Age-Friendly Housing Search Checklist* that follows will help you ask the right questions and keep a record of the information you need to decide which options work best for you and your family. At the end of the day, it is your decision where you want to call home.

You can find checklists online to use if you are planning to move to a retirement or long-term care home.





## Comments:

Describe your current housing situation (where I am now):

Describe your future housing needs (where you would like to be in the next 5, 10 or 15 years):



# Age-Friendly Housing Search Checklist

Use the Age-Friendly Housing Search Checklist to help you think about what you need and want. It asks questions related to the 4 As of housing options: affordability, accessibility, appropriateness and availability. Feel free to add your own living and lifestyle requirements to the Checklist, such as a desire to have pets, privacy, access to gardening or cycle paths, etc.

Make extra copies of the Checklist and take them when you go to look at different housing options and locations.

Here are some important things to consider before you use the Checklist:

- **Your health and mobility.** How healthy and mobile are you now? How healthy and mobile do you think you will be 5, 10 or 15 years from now? Think about existing health conditions and what you would do if your health changes or you experience a fall or injury.
- **Transportation.** Are you willing to move and/or use public transportation when you are no longer willing or able to drive?
- **Living with others.** Would you like to share living space with others? Or do you prefer to live on your own? Would you want to move if your partner becomes ill or dies? Do you want to live in a community with people of all ages, or do you prefer to live only with other older people?
- **Social connections.** Do you have friends, family and social networks that are close to where you live now? Would you be able to maintain these social connections if you move?
- **Caregiving.** Would moving help or hinder your role as a caregiver (now or in the future), as well as your ability to maintain your own health and well-being? How does the person you are caring for feel about moving? Do the Checklist together to see where your preferences match and where they do not.

# Age-Friendly Housing Search Checklist

Things to consider	Now	Future Options
<b>Affordability</b>		
What are your current costs for utilities, taxes, insurance, rent/mortgage, home maintenance? How does this compare with other options (e.g. renting an apartment, living in a retirement home, or moving to a smaller home or condo)?		
Are you spending more than 30% of your before-tax income on housing?		
Can you afford to renovate your home so that you can stay there if you develop disabilities or is it more affordable to move?		
Can you afford to pay for services that you may need now or in the future? (e.g. help with cleaning, snow removal or lawn care, general home maintenance, meal preparation, bathing, dressing or medications)		
 <b>Comments:</b>		
<b>Accessibility</b>		
Can you get in and out of the home/driveway/garage easily? Does the home have a no-step entry or a ramp at the entry?		
Is it difficult to move around in some parts of the home?		



Things to consider	Now	Future Options
Are there stairs that are difficult to manage? If you live in a multi-floor building, is there a reliable elevator that works for people using a mobility device (e.g. walker or wheelchair)?		
Can you move easily in and out of the bathroom? Are there grab bars installed? Is there a walk-in shower?		
Is the laundry equipment easily accessible?		
Is the home accessible for people with mobility devices (e.g. a walker or wheelchair)? Are the doorways wide enough for a wheelchair to enter? Is there a bathroom on the main floor?		
Can you renovate the home to fix accessibility problems?		
Can friends and family visit easily? Consider access to the building and visitor parking spots as well as stairs.		
Can you easily get to a grocery store, drugstore, postal outlet or mailbox, bank, healthcare facilities and other necessities?		
Is there an accessible bus shelter or public transit station with seating nearby? Can you safely get there when using a mobility device (especially in winter)?		
Is door-to-door transportation available in the community for people with physical limitations?		
Is it easy to perform home maintenance tasks such as changing light bulbs, vacuuming and cleaning rooms, counters and sinks?		

 *Comments:*

## Things to consider

Now

Future  
Options

### Appropriateness

Is living independently in the community the best choice for you? Or is residential living more appropriate for you?

Do you feel safe in your current home/neighbourhood? In the new home/neighbourhood you are considering?

Can you safely walk in the neighbourhood? Consider traffic, intersections, curb cuts that allow for walking with a mobility device, winter maintenance, and street lighting.

Are there benches and other places to sit in the neighbourhood?

Can you walk to parks, paths and green spaces?

Is the location (home and outdoors) welcoming for pets?

Is there transit available nearby?

Do you want to live in a neighbourhood where your first language is spoken?

Can you comfortably shop and run errands during bad weather?

Is the location close to family, friends, restaurants, places of worship, libraries, recreation and community centres and other places that offer social opportunities?

Are you close to someone who can help when you cannot shop, run errands or have an emergency?

 *Comments:*



## Things to consider

Now

Future  
Options

### Availability

Is there affordable, accessible and appropriate housing (to buy or rent) in the neighbourhood(s) where you would like to live?

Are the services available that you need now or in the future? (e.g. help with caregiving, cleaning, lawn care, general home maintenance, meal preparation, bathing or dressing).

Are doctors, dentists and other health professionals available in the area? If not, are you able to easily travel to medical appointments with your current health care practitioners?

Is home delivery of your medication and groceries offered in the community?

What services (e.g. help with personal care) are not available to you at this time?

Are there “must haves” in a new location/home not listed in the Checklist? If yes, what are they?



Comments:

# DISCOVER EXTRAORDINARY



Experience the senior lifestyle you deserve, with premium amenities, your choice of engaging activities, and delicious meals prepared by Red Seal Chefs. At Amica Senior Lifestyles, our professional staff will ensure your safety and well-being always remain a top priority while supporting your every need, even as those needs change.

## AMICA

SENIOR LIFESTYLES

VIRTUAL & PRIVATE TOURS • [AMICA.CA](https://www.amica.ca)

AMICA THE GLEBE (OPENS EARLY 2022) • 33 MONK STREET • 613-233-6363

AMICA WESTBORO PARK • 491 RICHMOND ROAD • 613-728-9274



# It's Your Home

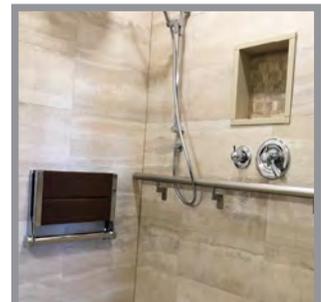
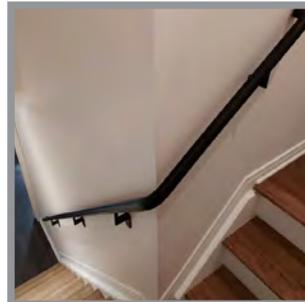
Live Safely & Independently, for Life

Call 613-690-8500 or 1-800-631-8699

## Why We're Trusted

We are the most experienced aging in place home modification contractor in Canada.

We are Canada's first and longest-serving Certified Aging in Place Specialists for home modification services, and we bring well over 35 years of home renovation expertise. With scores of successful aging in place home modifications under our belts, our experience will earn your trust. **It's all we do.**



[www.renos4life.ca](http://www.renos4life.ca)

# Home Ownership



**H**ome ownership can be a blessing and a challenge. It can be frightening and sad to think about leaving your family home later in life. At the same time, some people want to downsize once their children move away or they lose a partner to divorce or death. Some want to move closer to family members or medical facilities. Others are unable to sustain the costs of maintenance, utilities and

taxes, especially if mobility and income decrease over time. Planning early for your housing needs and available options can reduce the stress for you and your family, now and into the future.

Options for home ownership that meet your changing needs include:

- Renovating your home
- Buying or building a home
- Sharing a home

## Renovate Your Home

Renovating to meet your current and future needs can help you stay safely and independently in your current home. Modifications you may want to consider include adding grab bars in the bathroom, changing the bathtub or shower, installing hand railings or a stair lift, modifying kitchen cupboards, and adding a bathroom, bedroom and laundry room on the main floor.

**i** **Canada Mortgage and Housing Corporation:** provides a variety of publications and information on renovations and accessibility. Visit [www.cmhc-schl.gc.ca/en/developing-and-renovating](http://www.cmhc-schl.gc.ca/en/developing-and-renovating) or call 1-800-668-2642 for more information.



**i The Home Modification Council** (Canadian Home Builders' Association): provides expertise, resources and services for individuals and families who wish to renovate their home so they can stay there: [www.chba.ca/CHBA/Renovating/Renovating.aspx](http://www.chba.ca/CHBA/Renovating/Renovating.aspx).

**i A Certified Aging-in-Place Specialist (C-CAPS)** designation program teaches remodeling professionals the technical, customer service, and business management skills needed to create home modifications for the aging-in-place population. Be sure to ask your contractor if they are CAPS certified. For more information, go [www.chba.ca/c-caps](http://www.chba.ca/c-caps)

Find information on “Financial Help” with Renovating Your Home on page 32 in the section on Resources to Help You Stay in Your Home.

 Comments:



## Buying or Building a Home

This option allows you to find a home that suits your needs in a location where you want to live. For example, you could downsize from a two-storey house to a bungalow or apartment. Or move from your family home in the suburbs to an urban condo or rural home.

Another option is to buy or build in an Adult Lifestyle Community (sometimes called a retirement village). An Adult Lifestyle Community is a housing complex designed for older adults who are generally able to care for themselves. They usually contain a variety of housing options such as apartments, single houses, and assisted living units. A management company maintains the grounds and provides repair services.



Photo Credit: Private Home Owner

There are numerous adult lifestyle communities in the Ottawa region (i.e. within the City and in suburban areas such as Kanata and Stittsville). Currently, no database lists these communities. Ask your real estate agent to help you find them.

You may also choose to buy a condominium (houses, townhouses, and apartments) from developers or prior owners. You own your share of the condominium, and you are responsible for selling it when you move. In Ontario, condominiums are governed by the Condominium Act, 1998.

Check with your local real estate office for available homes to buy in the Ottawa region. Your realtor can provide you with information on market values, and help you sell or buy a home. To protect consumers, the real estate industry is governed by the Real Estate Business Brokers Act, 2002.

**i** You can begin your research online at [www.Realtor.ca](http://www.Realtor.ca) or the **Ottawa Real Estate Board** at [www.oreb.ca](http://www.oreb.ca).

**i** Visit the **Real Estate Council of Ontario** at [www.reco.on.ca](http://www.reco.on.ca) for more information on obtaining the services of a Realtor.

**i** **The Canada Mortgage and Housing Corporation** offers a variety of free publications about buying or selling a property. Visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca).

**i** There are specially qualified realtors who can address the real estate needs of those age 50-plus. They are knowledgeable about issues of particular concern to older people, as well as market trends.

**Accredited Senior Agents:**

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

**Seniors Real Estate Specialists:**

[www.seniorsrealestate.com](http://www.seniorsrealestate.com)



Another option is to build a Coach House (sometimes called a granny flat). It is an independent, small building located on the same lot as the principal residence, which is typically owned by you or a family member. These housing units are permitted in Ottawa's urban, suburban and rural areas, although some restrictions may apply.



**i** Visit the **City of Ottawa** website for more information on **Adding a Coach House** at [www.ottawa.ca/en/residents/building-and-renovating/do-i-need-building-permit#adding-coach-house-secondary-dwelling-units-accessory-structure](http://www.ottawa.ca/en/residents/building-and-renovating/do-i-need-building-permit#adding-coach-house-secondary-dwelling-units-accessory-structure).

**Life lease housing** is another option for older adults who can live independently. In a life lease arrangement, you purchase the right to occupy a dwelling unit for the rest of your life from the housing project sponsor. It resembles renting except that residents hold an “interest” in the dwelling, in exchange for a lump sum payment up-front, monthly maintenance fees and property tax payments. When the resident moves out, the lease is sold at fair market value, less a fee. If the resident dies, his or her estate may inherit the life lease interest, but not the right to occupy the unit. Life leases are offered in apartment, townhouse and retirement home settings. Currently, there are few available in Ottawa.

**i** See **Life lease housing**, a guide with practical information to help you decide if life lease is right for you at [www.ontario.ca/document/life-lease-housing](http://www.ontario.ca/document/life-lease-housing).

Getting ready to move can be a time-consuming and difficult task. There are companies in Ottawa that offer a variety of services to help with moving, storing, and/or organizing and downsizing your belongings. Search online under “downsize Ottawa” for names of businesses in the area. Be sure to get several quotes before signing up with any one company.

 **Comments:**



---

# Sharing a Home

## Moving in with Family

One option is moving in with family members or having them come to live with you. If you are considering this, you and your family need to think carefully about your needs and how things will work. Before making any decision, it is important to discuss practical issues:

- Is the home accessible in case you have or develop disabilities?
- Will you have privacy and independence (e.g. a private bedroom, bathroom and other spaces)?
- What are the financial obligations for both parties?

Consider your current relationship with your family member(s) and the stage of life you are at. Would living together be the best fit for you and them? What would you do if the arrangement does not work for either party?

## Buying or Building a House with Friends

There are examples in Ottawa where three or four independent people have sold their homes and bought one large house together. They most often share spaces such as the kitchen, living room and garden while having private bedrooms and bathrooms. These friends often become “family” and develop supportive relationships.

To make this work you need to agree on:

- Private and shared spaces
- Parking
- Financial arrangements for the purchase, renovations and maintenance of the home
- Visitors and guests
- Commitments to supporting each other and time spent together
- The division of chores
- What you will do if one person does not fit or decides to leave
- The desired location of the home

This kind of living arrangement is most successful when the buyers are already friends or know that they have common values and goals as they age.

## Home Sharing

Home sharing is when two or more unrelated people live in a single dwelling. While each person has his or her own private space, they most often share common areas such as the living room and kitchen. Home sharing can provide companionship, a sense of security and an income to help with the cost of your house. If you own your own home or condo and have an extra bedroom, you could consider offering it to someone in exchange for money and/or help with chores and maintenance. There are several home sharing pilots and matching programs underway in Ontario.



**i Home Share Communities:**  
[www.homesharecanada.org/ON](http://www.homesharecanada.org/ON) for more information.

**i Homeshare Alliance:**  
[www.homesharealliance.com](http://www.homesharealliance.com).

**i The Home-Sharing Guide for Ontario Municipalities:**  
[www.ontario.ca/page/home-sharing-guide-ontario-municipalities](http://www.ontario.ca/page/home-sharing-guide-ontario-municipalities).

**i Co-owning:** [www.ontario.ca/document/co-owning-home](http://www.ontario.ca/document/co-owning-home) for resources and information on co-ownership

**Intergenerational home sharing** is becoming increasingly popular (e.g. students living with seniors). Students and senior homeowners both enjoy more affordable housing and develop satisfying relationships. Students may provide help with home maintenance or computer use in exchange for reduced rents. Seniors provide “a home away from home” and can mentor young people. Intergenerational home sharing is often practiced informally. A program matching seniors and students is under development in Ottawa (see Hygge Home Sharing in Appendix B).

## Cohousing

Like home sharing, cohousing is an emerging option. With cohousing, a group of people get together to plan and develop their housing community, typically in an apartment-like setting. It can either be a

new build or an adaptation of an existing building(s). Residents own their unit, but often share spaces such as dining and recreational facilities, and support services.

Senior cohousing focuses on aging well in the community. Senior residents design and manage cohousing themselves and rely on neighbourly mutual support (co-care). A resident caregiver can also be engaged as needed. Communities are designed for physical accessibility as well as financial, environmental, and social sustainability. Shared common facilities and individually owned living units preserve privacy while valuing community. See examples in Appendix B.

**i Canadian Cohousing Network:**  
[www.cohousing.ca](http://www.cohousing.ca) for more information and to inquire about a community near you.

### Comments:

*Note: All of the options for living with others need to have an “exit” strategy—what will happen should someone choose to leave or needs to be asked to leave.*



# Renting



Rental living spaces include:

- Apartments for all ages in privately-owned multi-unit buildings
- Units in apartment buildings for seniors
- Accessory apartments built in private homes (e.g. an apartment over the garage or in the basement)
- Houses or condominium units rented out by the owners

- They may be owned by for-profit or non-profit organizations

There are three options:

1. Renting at market rate
2. Subsidized/social housing
3. Co-operative housing

## Renting at Market Rent

Market rent is the full price rent found in private buildings, accessory apartments and houses. About half of Social Housing properties now have units that charge market rent. The monthly cost of a rental unit will depend on the market value of the property and the market demand. In 2018 in Ottawa, the average rent for a two-bedroom apartment was \$1,301.00, up 5.8% since 2017. Average rent for a one-bedroom apartment was \$1,088.00; for a three bedroom, the average rent was \$1,584.00.

**i First Time Renters:**  
[www.canada.ca/en/financial-consumer-agency/services/renting-first-apartment.html](http://www.canada.ca/en/financial-consumer-agency/services/renting-first-apartment.html).

**i The Canada Mortgage and Housing Corporation:**  
[www.cmhc-schl.gc.ca/en/rental-housing/i-am-renting](http://www.cmhc-schl.gc.ca/en/rental-housing/i-am-renting).



**i** The **2018 Rental Market Report** from The Canada Mortgage and Housing Corporation:  
[www.cmhc-schl.gc.ca/en/data-and-research/publications-and-reports#q=rental%20markets](http://www.cmhc-schl.gc.ca/en/data-and-research/publications-and-reports#q=rental%20markets).

 Comments:



## Subsidized/Social Housing

In subsidized housing, the rent is supported by a government program. Rent-geared-to-income (RGI) is one form of subsidized housing. RGI rents are based on 30% of your monthly before taxes household income. Typically, a specific number of units in social housing buildings are designated as RGI units and the rest are rented at market rent.

Subsidized housing can also include units at Below Market Rent (BMR). Rents in these units are not geared to income but are fixed at a rate that is below the market average; for example, a unit may rent at 80% of the average market rent posted by the Canada Mortgage and Housing Corporation.



Photo credit: Colin Ashford, Abbeyfield Houses Society of Ottawa Volunteer



Photo credit: Ottawa Community Housing

Subsidies to live in private rental units are also available (rent supplements and housing allowances).

To be considered for subsidized housing and to access RGI, BMR, supplements or a housing allowance, you must apply through the Social Housing Registry and be placed on the Centralized Waiting List for people applying for housing, including seniors specific social housing.

Fifty-two independent, non-profit organizations operate social housing across the City of Ottawa. Ottawa Community Housing Corporation (OCHC) is the largest

social housing provider in Ottawa. OCHC provides approximately 15,000 homes to 32,000 tenants, including seniors, families, couples, singles and persons with special needs, within many communities across the city.

OCHC has 21 seniors-only buildings. Eleven of these are supported with added services through the Ottawa West Community Support Aging in Place program. The program aims to reduce unnecessary paramedic calls, emergency department visits, and admissions to hospital and long-term care facilities by providing community outreach services and health system navigation.



Photo credit: Ottawa Community Housing



**i** **Ottawa West Community Support:** manages the Aging in Place program. Visit [www.owcs.ca/aging-in-place/](http://www.owcs.ca/aging-in-place/) for more information.

**i** **Social Housing Registry of Ottawa:** for information and applications call (613) 526- 2088 or visit [www.housingregistry.ca](http://www.housingregistry.ca).



Photo credit: Ottawa Community Housing

**p** Comments:



# Co-operative Housing

Co-operative housing is a type of not-for-profit rental housing controlled by its members. Some co-operative households pay a reduced monthly rent geared to their income. Other households pay the full monthly charge based on operating costs of the building. The members do not own equity in their housing. If they move, their home is returned to the co-operative.

If you are looking for a Rent-Geared-to-Income (RGI) subsidy, or a Below Market Rent (BMR) subsidy, let the cooperative know this when you call them.

Many co-ops will refer you to the Social Housing Registry of Ottawa to put your name on the Centralized Waiting List. Other co-ops manage their own waiting list for RGI and subsidy. These co-ops will let you know whether their waitlist for subsidy is open or closed.



Photo credit: Tunde Nemeth, Andy Andras Cooperative Housing

 Comments:

 **The Co-operative Housing Association of Eastern Ontario:** is a co-operation of co-ops. For more information and how to apply, visit [www.chaseo.coop](http://www.chaseo.coop) or call (613) 230-2201.



---

# Organizations That Can Help

If you are a renter, you should be aware of the Residential Tenancies Act, 2007. The Act outlines landlords' and tenants' rights and responsibilities, and sets out a process for enforcing them.

**i Landlord and Tenant Board:** If you have any concerns or questions, visit [www.sjto.gov.on.ca/ltb](http://www.sjto.gov.on.ca/ltb) or call 1-888-332-3234.

You can also reach out to Action Housing and Housing Help. They provide free services to help low- to moderate-income individuals and families access and maintain safe, adequate and affordable housing. If you need help or information to maintain your current home or find new housing, contact the agency in your area.

**i Action Housing** serves all areas East of the Rideau Canal. Visit [www.action-logement.ca/en/action-housing/](http://www.action-logement.ca/en/action-housing/) or call (613) 562-8219.

**i Housing Help** serves all areas West of the Rideau Canal. Visit [www.action-logement.ca/en/housing-help/](http://www.action-logement.ca/en/housing-help/) or call (613) 563-4532.

 Comments:



# FIFTY-FIVE PLUS

Lifestyle Magazine



Read compelling stories and informative articles at [fifty-five-plus.com/past-issues](http://fifty-five-plus.com/past-issues)

*Fifty-Five Plus Magazine* is one of Ontario's largest circulation magazines catering to mature adults. The facts you want, and need to know about everything from health and nutrition to fitness, travel and finance are offered in an attractive, easy-to-read format.

Enjoy amazing contests, engaging conversations, surveys, product reviews and events with our active *Fifty-Five Plus* community.



*The Ultimate Guide to Retirement Living* contains essential information on retirement residences, City of Ottawa, Ottawa Police Services and Ottawa Public Health. It is truly the *Ultimate Guide to Retirement Living*.



# Supporting seniors RSCC to live safe at home.

Connecting you to local community support services for seniors and adults with disabilities and their caregivers.

## SERVICES INCLUDE:

- Respite & Daytime Activities
- Meals & Help Around the House
- Dementia & Health Conditions



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

1-888-482-3267 | [intake@ccsn-rsc.org](mailto:intake@ccsn-rsc.org)



During the COVID-19 pandemic, the 2-1-1 helpline is there for you



### Dial 2-1-1

and we will point you in the right direction

Toll free 1-877-330-3213 | [211ontario.ca](http://211ontario.ca)  
24/7 | Free | Confidential | Live answer | 150+ languages

Service provided locally by Community Navigation of Eastern Ontario CNEO



## 613.747.8831

GRAPHIC DESIGN, LARGE FORMAT, DIGITAL, OFFSET PRINTING & MORE



### We're a local print and design shop that can help with your personal print projects.

- Greeting cards
- Personalized calendars
- Canvas prints
- Stationary & more

BE LOCAL • BE GREEN • BE SATISFIED

# ELEPHANTPRINT.CA

# Resources to Help You Stay in Your Home



**A**s we age, we may want to get help to stay in our current home, including:

1. Personal care and community support services
2. Financial help
3. Home safety help

*Note: At the time of writing it was announced that there would be changes to the Local Health Integration Networks in the province. This Guide will be updated when details are made available.*

Below you will find a summary of the different services in the community. For more information, call 2-1-1 or visit [www.211ontario.ca](http://www.211ontario.ca).

## Personal Care and Community Support Services

Whether you own or rent, **community support services** can help you stay in your home. Champlain Community Support Network (CCSN) is a bilingual network of non-profit agencies in the Ottawa area working together to enable seniors and adults living with disabilities to live healthily at home and in communities. By connecting with your local community support service agency (CSS), you can get help with Meals on Wheels, housekeeping, lawn

maintenance, and medical transportation, to name a few. Some community support services are free; others have a fee. Sometimes, you may be required to pay the full amount.

There are also services to help with personal care such as nursing care, support for bathing and dressing, and therapy services such as physiotherapy,



occupational therapy, speech-language therapy, dietitian, and social work. If you need support in these areas, contact the CSS to complete an assessment and see if you are eligible for help with the costs of these services.

**Community Health Centres** provide primary care, health promotion, education and illness prevention services in the communities they serve. Some connect adults over the age of 60 and adults

younger than 60 with a physical disability to community and home support services that are offered at low cost or no cost. Services may include a home help directory, transportation to medical appointments, the Grocery Bus, Friendly Grocer, Friendly Visiting, Snow Go Assist, the Caregiver Support Program and Bereavement Support Program.



Photo credit: Champlain Community Support Network



Photo credit: Champlain Community Support Network

**i Community Health Centre:** to find the health centre in your area go to [www.champlainhealthline.ca](http://www.champlainhealthline.ca). The Wabano Centre for Aboriginal Health has a similar mandate as a community health centre for indigenous seniors.

**i Champlain Community Support Network:**

A multi-agency network of organizations that deliver community support services for older adults and adults with disabilities. A range of services is included from adult day programs to home maintenance, homemaking, meals on wheels, personal support, respite, Snow Go and Snow Go Assist, and transportation. To connect with a **CSS agency:** go to Caredove at [www.caredove.com/champlaincss](http://www.caredove.com/champlaincss).

**i** [www.champlainhealthline.ca](http://www.champlainhealthline.ca):

is a helpful one-stop-shop, providing current information about a wide range of community and health resources.

**i** **Home and Community Care Champlain Local Health Integration Network:**

Visit [www.healthcareathome.ca/champlain](http://www.healthcareathome.ca/champlain) or call 310-2222 (no area code required) for more information.

**i** **Primary Care Outreach for Seniors (PCO):**

[www.seochc.on.ca/programs-services/primary-care-outreach-to-frail-seniors-pco](http://www.seochc.on.ca/programs-services/primary-care-outreach-to-frail-seniors-pco). PCO helps link isolated and vulnerable seniors living at home to the services required to live safely. The free in-home services such as medication review, chronic illness management, home safety assessments, system navigation, cognitive screening and housing support services are provided by a registered nurse and a community health worker.

Many **private agencies** in the Ottawa region offer personal support services for a fee. You can search for them online under “home care services for seniors in Ottawa”. Be sure they answer all your questions and get quotes before deciding on an agency to use.

 **Comments:**



# Financial Help

## Financial Help for Homeowners

The Service Ontario Programs, including the Ontario Senior Homeowners' Property Tax Grant help low-to-moderate-income seniors with the cost of property taxes, as well as Ontario Energy costs.

The City of Ottawa offers deferral programs for water utility bills and property taxes for low-income seniors and people with disabilities. Applicants must apply each year and verify their eligibility.

### **i Service Ontario Programs:**

1-866-668-8297

[www.ontario.ca/page/senior-homeowners-property-tax-grant](http://www.ontario.ca/page/senior-homeowners-property-tax-grant).

### **i Ottawa Property Tax and Water Utility Deferral Programs:**

<https://ottawa.ca/en/living-ottawa/taxes/property-tax-mitigation-programs/full-property-tax-deferral-program> for the eligibility criteria, fees, and application form, or telephone 613-580-2740 (TTY 613-580-2401).

### **i Financial Consumer Agency of Canada:**

for information about reverse mortgages.

[www.canada.ca/en/financial-consumer-agency/services/mortgages/reverse-mortgages.html](http://www.canada.ca/en/financial-consumer-agency/services/mortgages/reverse-mortgages.html).

If you own your home, you may borrow money from the equity of your home. Another option is a reverse mortgage. It allows you to convert some or all of the value of your home into cash. Consult a trusted financial advisor before making any decisions about taking a reverse mortgage or loan based on the value of your home.

### **i Ontario Renovates Program:**

For information about the program, eligibility, types of repairs and timelines, call City of Ottawa 613-580-2424 ext.12300 or visit: [www.ottawa.ca/en/residents/social-services/housing/ontario-renovates-program](http://www.ottawa.ca/en/residents/social-services/housing/ontario-renovates-program).

The Ontario Renovates Program, which is administered by the Ottawa Housing Services Branch, provides limited funding to make repairs and accessibility modifications to support independent living. Eligible applicants include:

- Homeowners who are 65 years of age or older
- People with disabilities
- Families with a household member(s) who is a senior or person with a disability

In all cases, household income determines eligibility.

## Energy Assistance Programs for Homeowners and Renters

The Save on Energy™ Home Assistance Program (HAP) is an electricity conservation program for income-eligible hydro customers to help reduce energy costs and increase home comfort. HAP provides a free in-home visit with a Home Energy Expert and no-cost energy efficient upgrades in your home.

The Low-Income Energy Assistance Program (LEAP) offers financial assistance and energy conservation practices to help low-income Ontarians manage their electricity and natural gas bills. You need to meet certain criteria to qualify and must go through one of the intake agencies in Ontario.

The Ontario Electricity Support Program can reduce the cost of your household electricity by applying a monthly credit directly to your bill if you have a low income. The credit amount depends on how many people live in your home and your combined household income.

The AffordAbility Fund assists electricity customers who do not qualify for low-income conservation programs. It helps Ontarians lower their electricity use and costs at home over the long-term through free energy-saving products, an in-home visit from a professional Home Energy Advisor, a Home Energy Plan and upgrades that may include ENERGY STAR® appliances.

**i Home Assistance Program (HAP):** Visit [www.saveonenergy.ca/HAP](http://www.saveonenergy.ca/HAP) or call GreenSaver at 1-855-591-0877.

**i Low Income Energy Assistance (LEAP):** Visit [www.oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program](http://www.oeb.ca/rates-and-your-bill/help-low-income-consumers/low-income-energy-assistance-program) or call the Salvation Army (Ottawa region) at 613-241-1573.

**i Ontario Electricity Support Program: (OESP):** Visit [www.ontarioelectricitysupport.ca](http://www.ontarioelectricitysupport.ca) or call 1-855-831-8151.

**i Affordability Fund Trust:** Visit [www.affordabilityfund.org](http://www.affordabilityfund.org) or call 1-855-494-FUND (1-855-494-3863).

 Comments:



# Home Safety Help

Renovating your home can help you stay safely in your home or apartment and help prevent falls and injuries. Some modifications that address mobility and medical concerns, such as installing outdoor or indoor ramps and lowering kitchen or bathroom cabinets, may be eligible medical expenses you can claim on your income taxes.

Smart home technology can also help with home safety. For example, a personal emergency response system detects a fall; electronic devices can remind you to take your medication; a wireless camera at your front door can help protect your security. There are many other examples of how using technology can help you remain safely at home. For more information, search online under “smart technology options for aging at home.”

Help protect yourself and your home by knowing your rights before starting a home renovation, signing a home service contract, or buying safety technologies.



Comments:



**i Canada Mortgage and Housing Corporation:** Information on renovations, accessibility and aging in place. Visit [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca) or call 1-800-668-2642.

**i Falls Prevention:** [www.canadianfallprevention.ca/resources-and-links](http://www.canadianfallprevention.ca/resources-and-links) and **Ottawa Public Health Preventing Falls** at [www.ottawapublichealth.ca/en/public-health-topics/prevent-falls.aspx](http://www.ottawapublichealth.ca/en/public-health-topics/prevent-falls.aspx). Staying Independent Checklist is a self-screening tool. You can complete, identify your risk for having a fall and discuss their results with their health care provider. [www.champlainhealthline.ca/healthlibrary\\_docs/StayingIndependentChecklist\\_En.pdf](http://www.champlainhealthline.ca/healthlibrary_docs/StayingIndependentChecklist_En.pdf)

**i** For **a list of eligible medical expenses** on your personal income taxes, go to: [www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/lines-33099-33199-eligible-medical-expenses-you-claim-on-your-tax-return/details-medical-expenses.html](http://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/lines-33099-33199-eligible-medical-expenses-you-claim-on-your-tax-return/details-medical-expenses.html)

**i Consumer Protection Ontario:** For information on consumer protection and housing, visit [www.ontario.ca/page/consumer-protection-information-about-homes-and-renovations](http://www.ontario.ca/page/consumer-protection-information-about-homes-and-renovations).



federalretirees.ca

# Join us... for as little as \$4.28 a month.

\*Current and retired members of the federal public service, the Canadian Armed Forces, the RCMP and federally appointed judges, as well as their spouses and survivors, are all welcome to join Federal Retirees today.



## National Association of Federal Retirees — Advocating for financial security, health and well-being in retirement since 1963.

### Why should you join?

- We represent your interests, protect your federal public service pension\* and benefits, and work towards dignity and security in retirement for all Canadians.
- Gain access to resources that will help you understand your benefits and rights as a federal retiree.
- Save money through a wide range of national and local preferred partners.

If you are not collecting or paying into a federal pension\*, you can give the gift of membership to someone who is.

**Join 170,000 Federal Retirees\* even if you're not retired.  
Together, our collective voice is much stronger.**

Contact our member services team at 613-745-2559, ext. 300, or [service@federalretirees.ca](mailto:service@federalretirees.ca) and ask how you can instantly save 25% on your first-year membership dues.

#FEBDM21

**PHILIPS**

Lifeline

Medical Alert Service

## She fell in the bath two nights ago.

## Fortunately, she wasn't alone.

With Philips Lifeline you can get fast help at the push of a button 24/7.

Our **AutoAlert option** can automatically detect a fall and call for help even if you cannot.<sup>1</sup>



Mention **code 1251** and receive  
**1 FREE month of service\***

**For more information, please call:**

Philips Lifeline  
in partnership with  
The Ottawa Hospital  
1-855-873-6495



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

[1] Equipment may not detect all falls. [2] Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Offer not applicable for out of area installations. Offer not available on GoSafe.



WE HELP YOU FIND THE PERFECT  
**RETIREMENT HOME**

Full and free support - 24/7



 613-234-3383  [info@visavie.com](mailto:info@visavie.com)

We understand the importance of feeling at home. Our **FREE residence search services** help seniors continue to live their lives to the fullest in their new environment.

  
Visavie.com

★★★★★  
Google 4.8/5

# Residential Living



If you are no longer able to live in your current home, you may need to consider options for residential living:

- Retirement Homes
- Residential Services Homes (Domiciliary Hostels)
- Long-Term Care Homes

## Retirement Homes

A retirement home is a building occupied by at least six tenants, who are mainly 65 years of age or older, where the landlord provides at least two types of care services. Residents furnish their units and purchase their own supplies. Retirement homes offer an opportunity to socialize and make new friends while maintaining independence. They are located all over the City as well as outside the urban and suburban areas. Retirement homes are usually privately-owned residences that provide rental suites with care and services for seniors. Generally, they provide meals, laundry services, housekeeping and communal programming along with 24-hour supervision and a range of personal assistance services. These can include fee-based services ranging from help with

bathing and medications to expensive specialty programs such as a memory care accommodation. If you are eligible, Home and Community Care services may also provide personal care services within the residence.

Many retirement homes also provide overnight or short stay options for older people when they are transitioning from hospital, convalescing or when their main caregiver is unavailable.

You do not need a referral to apply to live in a retirement home. If you find a home you are interested in, call them to set up a tour. If you are unsure after a tour, ask if you can have a short stay so that you can participate in the activities and services



of the home to help you make the best decision. If you decide it is the right place for you, the home will have an assessment process to determine if they can provide for your care needs. There may be a waiting list.

The cost for a retirement home is set by each home and depends on the type of suite chosen and the services required (e.g. do you need assistance with medication, dressing, bathing?) When you go for a tour, ask your guide for a breakdown of the costs and services involved.

All retirement homes must have a license to operate. In Ontario, the Retirement Homes Regulatory Authority has the power to license homes and conduct inspections, investigations and enforcement, in addition to developing mandatory care and safety standards. The RHRA is also where Unresolved Complaints with individual homes can be registered.

The Advocacy Centre for the Elderly provides answers to common questions regarding your legal rights and obligations as a resident in a retirement or long-term care home.

**i Retirement Homes Regulatory Authority:** For a list of licensed retirement homes in Ontario, visit <https://www.rhra.ca/en/retirement-home-database> or call 1-855-ASK-RHRA (1-855-275-7472).

**i The Ontario Retirement Communities Association (ORCA):** is a membership organization representing retirement homes in Ontario. [www.orcaretirement.com](http://www.orcaretirement.com).

**i The Advocacy Centre for the Elderly:** Includes a checklist for visiting a retirement home at [www.advocacycentreelderly.org/retirement\\_homes\\_-\\_introduction.php](http://www.advocacycentreelderly.org/retirement_homes_-_introduction.php). or call 1-855-598-2656.

There are also private agencies that can help you find a retirement home that meets your care needs and budget. Search under "Ottawa seniors living advisors." Be sure to call a few agencies and ask questions before you decide which one can best help you transition to a retirement home of your choice.

 Comments:



# Residential Services Homes (Domiciliary Hostels)

Residential services homes, also known as domiciliary hostels, are private or non-profit subsidized residences that provide long-term housing to vulnerable adults who require supervision and services to maintain their independent living. These homes, which offer a residential living environment that is safe and supportive for all residents, are located in houses across the city.

Services vary from site to site but typically include:

- Furnished rooms (most are shared accommodation)
- 24-hour urgent response
- Medication management
- Meals and snacks
- Housekeeping and personal laundry
- Social and/or recreational activities
- Access to both on-site and community-based services

The City of Ottawa provides financial assistance to residents with low incomes to help with the cost of their lodging in residential services homes. Eligibility is based on a financial assessment. Couples are treated as separate applicants regardless of their choice of living situation.

To apply for a Residential Services Homes subsidy, you must complete an application form. If you qualify, you will meet with a Residential Services Homes Worker who will verify your income, assets and health information. If you do not qualify for a subsidy, the City will contact you and give you the reasons why.

**i Residential Services Homes:**  
[www.ottawa.ca/en/residents/social-services/housing/residential-services-homes-domiciliary-hostels](http://www.ottawa.ca/en/residents/social-services/housing/residential-services-homes-domiciliary-hostels).

 Comments:



---

# Long-Term Care Homes

In long-term care homes (formerly called nursing homes) older adults can live and receive help with most or all daily activities, and access 24-hour nursing care and supervision within a secure setting. Long-term care homes are operated by municipalities, not-for-profit organizations, and private organizations.

Long-term care is publicly funded on a cost-shared basis with residents. The provincial government does not pay the full cost of long-term care and expects residents to pay a portion of their “room and board” to the long-term care home. Generally, funding from the government covers nursing and personal care, some programs, support services, and ingredients used to make meals. You must pay for accommodation. The cost of accommodation is set by the Ministry of Health and Long-Term Care.

As of July 1, 2019, the maximum rates ranged from \$1,891.31 per month (long-stay basic room) to \$2,701.61 (long-stay private room). If you don't have enough income to pay for the basic room, you may be eligible for a subsidy through the Long-Term Care Home Rate Reduction Program. If you are eligible for placement in a long-term care home, you will not be refused because of an inability to pay.

Although the quality and delivery of care may vary, you can expect to receive the following services in a long-term care home:

- Shared dining room, TV rooms and other living areas
- Nursing and personal care on a 24-hour basis
- Access to health professionals and medical services
- Individual care plan (reviewed every 3 months)
- Furnishings (e.g. bed and chair)
- Meals (including special diets)
- Bed linens and laundry
- Personal hygiene supplies
- Medical/clinical supplies (e.g. walkers and wheelchairs for occasional use)
- Housekeeping
- Social and recreational programs
- Assistance with activities of daily living (e.g. eating, dressing, bathing, toileting and walking)

Professional services such as dental care, audiology, vision care and foot care may be available for a fee. Other services such as hairdressing, cable TV, telephone services and transportation may also be available for a fee.

In order to be placed in a long-term care home, you must have health care needs that cannot be met with any combination of care giving, care in your home or care in your community. As a result of this policy, Ontario seniors are entering long-term care homes when they are older, frailer, and in need of more medical and personal care than ever before.

Currently, applications to long-term care homes are coordinated by Home and Community Care Champlain. The long-term care home placement process includes an assessment by a Care Coordinator to ensure eligibility and obtain an accurate record of your medical history.

Your Care Coordinator will discuss all of your options, including suggestions for suitable long-term care homes in the Ottawa region. You can apply to as many as five homes. There is likely to be a waiting list at most homes, and you may not get your first choice of facility.

Before moving to long-term care, tour the facility personally or have a trusted advocate do so on your behalf. Search on the Internet for some checklists for visiting long-term care homes; one from the Alzheimer Society is listed in the box below.

**i Home and Community Care Champlain:** (LHIN) for eligibility information and current rates, call 310-2222 (no area code required) or go to [www.healthcareathome.ca/champlain/en/Getting-Care/Getting-Long-Term-Care/Eligibility-and-Admission](http://www.healthcareathome.ca/champlain/en/Getting-Care/Getting-Long-Term-Care/Eligibility-and-Admission).

For virtual tours of the long-term care homes in Ottawa, go to [www.champlainhealthline.ca/libraryContent.aspx?id=20454](http://www.champlainhealthline.ca/libraryContent.aspx?id=20454).

**i Ontario Ministry of Health and Long-Term Care:** Home Community and Residential Care Services at [www.health.gov.on.ca/en/public/programs/ltc/default.aspx](http://www.health.gov.on.ca/en/public/programs/ltc/default.aspx). Overview on long-term care at [www.ontario.ca/page/about-long-term-care](http://www.ontario.ca/page/about-long-term-care).

**i The Ontario Long Term Care Association:** represents long-term care operators – private, not-for-profit, charitable and municipal. Visit their website at [www.oltca.com](http://www.oltca.com) for information on long-term care homes in the region and for publications on the state of long-term care in Ontario, such as *This is Long Term Care 2019*.

**i City of Ottawa Long-Term Care:** information and list of homes at <https://ottawa.ca/en/family-and-social-services/housing/long-term-care>

**i Long-Term Care Home Checklist:** from the Council on Aging of Ottawa: [www.coottawa.ca/wp-content/uploads/documents/LongTermCareGuide2004.pdf](http://www.coottawa.ca/wp-content/uploads/documents/LongTermCareGuide2004.pdf).

 Comments:





# Wellington West Retirement Community



We are proud to be opening Wellington West Retirement Community in the heart of the lively, and charming neighbourhood of Hintonburg! Our luxury boutique style Retirement Community is a state-of-the-art facility with endless amenities and services.

Independent Living | Assisted Living | Elegant Fine Dining | Heated Saltwater Pool | Exclusive CLUBfit Programs | Heated Underground Parking | And So Much More...



**It's Fun! It's Vibrant! It's Urban Chic!  
It's One Big Family!**

Call Us Today To Book Your In-Person Or Virtual Tour  
613-716-6885 | [www.WellingtonWestRetirement.com](http://www.WellingtonWestRetirement.com)

1166 Wellington St. W  
Ottawa, ON K1Y 4H1

## Life transitions have their ups and downs.



**Join Smart Aging to prepare you to  
handle the highs and lows.**

**The Council on Aging of Ottawa**  
[coaottawa.ca/smartaging](http://coaottawa.ca/smartaging) Tel: (613) 789-3577

# Conclusion

It is important to explore all your housing options—both traditional and new—before deciding on your future living arrangements. We trust that this Guide provides you with some ideas and information that will help you find the option that works best for you.

## APPENDIX A: Key Information Sites

### **City of Ottawa Housing**

[www.ottawa.ca/en/residents/social-services/housing](http://www.ottawa.ca/en/residents/social-services/housing).

### **Social Housing Registry of Ottawa**

613-526-2088

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

### **Action Housing** (East Ottawa)

261 Montreal Road, Suite 200

Phone: 613-562-8219

[www.action-logement.ca/en/action-housing/](http://www.action-logement.ca/en/action-housing/).

### **Housing Help** (West Ottawa)

309 Cooper Street, Suite 502

Phone: 613-563-4532

[www.action-logement.ca/en/housing-help/](http://www.action-logement.ca/en/housing-help/).

### **Ontario Ministry of Health and Long-**

**Term Care.** Home Community and

Residential Care Services at

[www.health.gov.on.ca/en/public/programs/ltc/default.aspx](http://www.health.gov.on.ca/en/public/programs/ltc/default.aspx).

### **Home and Community Care Champlain Local Health Integration Network (LHIN)**

310-2222 (no area code required)

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

### **Landlord and Tenant Board**

1-888-332-3234

[www.ltb.gov.on.ca](http://www.ltb.gov.on.ca).

### **Ontario Retirement Communities Association**

1-888-263-5556

[www.orcaretirement.com](http://www.orcaretirement.com).

### **Retirement Homes Regulatory Authority**

1-855-ASK-RHRA (1-855-275-7472)

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

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

1-800-668-2642

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



# APPENDIX B: Examples of Innovative and Emerging Housing Options

---

## Non-Profit Affordable Housing

**Abbeyfield Houses Society of Ottawa - Parkdale Residence** provides affordable housing for up to 10 seniors (single or couples) who are mobile and independent in their daily activities in a family-style house with 24-hour staff support, meals, activities and access to various social services on site. Respite, vacation and convalescent care are provided when a room is available. Wheelchair accessible. Reasonable rents, no subsidies.

Location: 425 Parkdale Ave.  
Information and Contact: 613-729-4817;  
manager@abbeyfieldottawa.ca  
**Website:** [www.abbeyfieldottawa.ca](http://www.abbeyfieldottawa.ca).

**Bruyère Village** includes housing for independent living and assisted living, as well as healthy aging and community programs. **The Villas** offers 78 independent apartments at full-market, average market, and below market rental rates, as well as subsidized housing for people who are eligible (determined by the Social Housing Registry of Ottawa). **Besserer Place**, a four-storey building with 70 apartments is connected to a long-term care home. It offers assisted living apartments and support services, as well as cluster apartments, which are designed for seniors who require additional support and supervised services.

Location: Hiawatha Park Road, Orléans  
Information and Contact: 613-562-6262  
**Website:** [www.bruyere.org/en/bruyere-village](http://www.bruyere.org/en/bruyere-village).

**Carlington Community** is an innovative partnership between the Carlington Community Health Centre and Ottawa Community Housing Corporation. Carlington Community provides health and social services with affordable housing for low-income seniors. This four-storey apartment has 42 one-bedroom apartments with 12 barrier-free and 30 visitable units, as well as a health clinic.

Note: Visitability has three primary features: one level, no-step entrance; wider doorways and clear passageways; and a wheelchair-accessible bathroom.

Location: 1290 Coldrey Avenue  
Information and Contact: 613-731-1182 or  
info@och.ca  
**Website:** [www.och-lco.ca](http://www.och-lco.ca).

**Perley Rideau Seniors Village** includes two apartment buildings with some below-market rents for qualified veterans and seniors. Facilities and services include a fitness centre and designated spaces for leisure and learning activities, as well as social and community events. Assisted living services are provided for those that need extra help with daily tasks such as meal preparation, medications, housekeeping, and health care monitoring. Other on-site amenities include an adult day program, respite care, and convalescent care.

Location: 1750 Russell Road, Ottawa, ON  
Information and Contacts: 613-526-7170  
ext. 2009; rentaloffice@prvhc.com  
**Website:** [www.perleyrideau.ca/  
apartments](http://www.perleyrideau.ca/apartments).

---

## Housing Built in Partnership with Churches

**Note:** You do not need to be a member of any particular religion to live in these housing developments

**Ellwood House Ottawa Inc.** is a non-profit senior's residence affiliated with St. Thomas the Apostle Anglican Church. There are 30 units over three floors, and the building includes a common lounge, laundry facilities, and library. Units are available at market rent and rent geared to income.

Location: 2270 Braeside Ave.  
Information and Contact: 613-521-5151;  
ellwoodhouse@rogers.com

**Eastern Ontario Christian Senior Citizen Co-Operative Homes Inc.** is a non-profit cooperative offering housing for seniors (65+), including 35 one-bedroom apartments, 31 two-bedroom apartments, and 6 accessible apartments.

Location: 220 Viewmount Dr.  
Information and Contact: 613-225-5110;  
management.viewmount@gmail.com  
**Website:** <https://220-224viewmount.ca>

**KDS Village** provides 128 units for seniors living independently. Some units are wheelchair accessible, and adaptable for

aging in place. Amenities include recreation rooms, onsite special events, and plenty of outdoor space. Average Market Rent and Below Market Rent units are available.

Location: 567 Cambridge St. S (Bronson and Carling Ave)  
Information and Contact: 613-604-0618;  
roseanne.holtman@clvgroup.com  
**Website:** [www.KDSVillage.ca](http://www.KDSVillage.ca)

**Unitarian House of Ottawa** is a non-profit charitable organization offering a 5-storey retirement residence and independent apartments. Services (including in-residence nursing, activities and outings) are provided. Check the website for availability on the wait lists.

Location: 20 Cleary Avenue  
Information and Contact: 613-722-6690;  
retire@unitarianhouse.ca  
**Website:** [www.unitarianhouse.ca](http://www.unitarianhouse.ca).

---

## Partnership with Private Sector

**OASIS Senior Support Living Inc.** is a program available in NORCs (Naturally Occurring Retirement Communities) in market rent apartment buildings. Programs currently exist in Kingston and Toronto, with plans to expand in other communities. Residents develop and manage all aspects of programming, including community meals, social activities, and an on-site personal support worker.

**Kingston:** [www.southeasthealthline.ca/  
display/service.aspx?id=73316](http://www.southeasthealthline.ca/display/service.aspx?id=73316)  
**Toronto:** [www.uhnopenlab.ca/project/  
oasis](http://www.uhnopenlab.ca/project/oasis).



---

## Home Sharing

### Hygge Home Sharing in Ottawa

Hygge, pronounced HUE-GAH, is the Danish word for coziness. This service (which is currently under development) matches senior home providers and student home sharers. The young people provide help in the home for reduced rents. The intent is to build intergenerational communities and break down social isolation.

**Website:** <https://www.facebook.com/hyggehs>.

There are currently four communities across Ontario offering home sharing including Halton, Hamilton, Northumberland, and Toronto.

**Website:** [www.homesharecanada.org/ON](http://www.homesharecanada.org/ON).

A new Canadian start-up, Happipad, has developed a home sharing app for intergenerational homeowners and guests. This service is currently available in British Columbia.

**Website:** [www.happipad.com](http://www.happipad.com).

---

## Cohousing

**Terra Firma**, a small cohousing project, is located in the centre of Ottawa and is home to 12 families. Terra Firma is currently at capacity and not seeking new members. They are open to supporting other groups by sharing what they have learned.

**Website:** [www.cohousing.ca/communities/on/terra-firma](http://www.cohousing.ca/communities/on/terra-firma).

**Concorde Cohousing** is forming to create a multi-generational cohousing community with up to 30 units of different sizes on a site near public transit, grocery stores, parks and libraries.

**Website:** [www.concordecohousing.ca](http://www.concordecohousing.ca).

---

## Housing Committee

### The Age-Friendly Housing Committee,

The Council on Aging of Ottawa explores and advocates for appropriate, affordable, accessible, and available housing on the continuum from independent living to long-term care for older people in the Ottawa region.

**Website:** <https://coaottawa.ca/committees/housing>

**The Housing Committee of the Ottawa Seniors Pride Network** explores the issue of affordable, LGBT-friendly housing in the Ottawa Capital region. The Committee's mandate is to explore all possibilities of housing available, or that might become available, for LGBT seniors including living in place (seniors assisted in their homes); for-profit seniors' housing; charitable non-profit housing (existing or new builds); cooperative housing; and ownership (e.g., condominium or life lease).

**Website:** [www.ospn-rfao.ca/en/housing-committee](http://www.ospn-rfao.ca/en/housing-committee)



# The Council on Aging of Ottawa

217 – 815 St. Laurent Blvd.  
Ottawa, Ontario K1K 3A7  
Tel: (613) 789-3577 (Ext. 101)  
Email: [coa@coaottawa.ca](mailto:coa@coaottawa.ca)



Printed by Elephant Print