



Independent Living

- ■ ■ Supportive Housing
- ■ ■ Seniors' Supportive Housing
- ■ ■ Attendant Outreach
- ■ ■ Assisted Living
- ■ ■ Home Help
- ■ ■ Recreation & Inclusion Programs



Committed to our clients living with dignity by delivering quality programs, housing and supportive services

“ A premier Community
organization serving people
where they live ”



History

Guelph Independent Living is a non-profit agency incorporated under a different name in 1975. It advocated the reduction of barriers to community inclusion on behalf of adults with physical disabilities and supported the choice of its clients to remain in their own homes. Within ten years, the organization began providing attendant services in supportive housing and on an outreach basis. The agency's mandate expanded in 2006 to include a homemaking program for seniors and persons with disabilities.

Today, Guelph Independent Living provides Supportive Housing, Attendant Outreach, Home Help, Seniors' Supportive Housing and Assisted Living programs, as well as recreation and inclusion opportunities, to seniors and adults with permanent physical disabilities. As well, the organization owns and maintains Willow Place, an 83-unit affordable housing complex, which also serves as a supportive housing site.

Guelph Independent Living values respect, dignity and individuality by promoting freedom of choice and by encouraging the individual's right to make decisions, to direct services and to establish and maintain personal lifestyles. Guelph Independent Living is all about fostering community participation, removing barriers and providing information, advocacy and support services.

Vision & Mission Statements



Vision

A premier Community organization serving people where they live

Mission

We are committed to our clients living with dignity by delivering quality programs, housing and supportive services

Guiding Principles

Respect, Dignity and Individuality

The dignity of risk, personal satisfaction and freedom of choice are fundamental to providing programs and services for and to persons with physical disabilities and older adults.

Innovation and Partnerships

We are committed to change and opportunities that build partnerships, mobilize community resources and empower individuals to work together.

Excellence

We are committed to continuous self-evaluation and improvement in the delivery and scope of services that we provide.

Stewardship

We demonstrate transparency in decision-making, openness to challenge, responsiveness to emerging needs and efficient use of all resources.

People Excellence

We acknowledge that our success is largely dependent on the skills and talents of our employees and volunteers. Our corporate culture is defined by diversity, open dialogue, mutual respect and continuous learning.

Guelph Independent Living contributes to the community by decreasing emergency room visits, supporting early hospital discharges, relieving the need for long term care, enabling independent living, providing recreation activities and unburdening primary caregivers. Additionally, the agency helps to stimulate the local economy by creating jobs and building partnerships that mobilize community resources for its clients.

This brochure is available in alternate formats, such as audio and large print. If you require this document in a different style, please contact the Administrative Assistant/Receptionist. There is a complete list of who to contact at the back of the brochure.

Programs & Services

Guelph Independent Living provides a variety of support services to adults with physical disabilities and seniors who live in their own homes in the community, ranging from 24-hour emergency services to help with grocery shopping and laundry. To find the service that is right for you or your loved one, you will need to consider the level of care necessary, as well as basic **eligibility criteria** that Guelph Independent Living's clients need to meet in order to qualify for **certain programs and services**.

Persons with physical disabilities have to live in their own homes or apartments, have **a permanent physical disability** and:

- be 16 years of age or older

- be able to direct their own care
- be medically stable
- have a valid Ontario Health Card

Seniors must live independently in their own apartments and:

- be 55 years of age or older
- have a valid Ontario Health Card
- require personal care assistance or 24-hour emergency support
- be medically stable and able to participate in their own care
- be able to use an emergency response system
- qualify for tenancy with the landlord

To give you an idea of the types of services Guelph Independent Living offers, here is a brief summary of its current programs.

Supportive Housing provides 24-hour attendant services to **persons with disabilities** within integrated, accessible apartment buildings.


Seniors' Supportive Housing helps **seniors** live independently in their own apartments by providing support services and 24-hour emergency response.

Attendant Outreach provides prescheduled attendant services to **persons with disabilities** living in their own homes.

Assisted Living promotes wellness and improves the quality of life for **seniors** living in selected seniors' buildings in Guelph.

Home Help is a brokered homemaking program matching eligible clients with screened homemakers who assist with light housekeeping, meal preparation and shopping.

Recreation & Inclusion Programs provide vacation, social and recreational opportunities for clients.


A complete description of the programs and their eligibility requirements is available in the following pages. Sections are colour-coded to make them easy to find.

Supportive Housing



■ ■ ■ If you, or someone you love, live with a permanent physical disability, it can be difficult to find a place to live that is already modified to meet the specific needs of those who use a wheelchair or other assistive devices. Additionally, ensuring that there is access to assistance with day to day tasks and personal care can be just as complicated.

Guelph Independent Living provides 24-hour attendant services to persons with physical disabilities living in predetermined, accessible apartment buildings within the community. There are currently two supportive housing sites that Guelph Independent Living serves: one on Willow Street and a second location on Neeve Street.

Attendant services are non-medical in nature and include assistance with bathing, dressing, toileting, transfers,

meal preparation and homemaking. There is an average of six (6) hours of care per day to a maximum of 42 hours per week.

Clients receiving attendant services live independently in their units and are responsible for paying their own living expenses, including rent, telephone, apartment insurance and cable TV. In some cases, clients may be eligible for rent subsidies.

Clients must meet the eligibility requirements listed in the Programs & Services section on page 5 to qualify for this program.

For more information on Supportive Housing and Attendant Services, please contact the Manager, Services. There is a complete list of who to contact for each of the programs at the back of the brochure.

Seniors' Supportive Housing



With age, the physical demands and expense of caring for a house can become overwhelming. If you, or your spouse or parent, experience health problems that limit independence, mobility or cognitive function, families often begin to consider long-term care solutions.

The Seniors' Supportive Housing program offers a choice to private and costly nursing homes or retirement communities and provides seniors who need assistance to continue living on their own a place to turn.

Seniors' Supportive Housing assists clients with prescheduled services that are non-medical in nature, including assistance with bathing, dressing, meal preparation, homemaking and medication reminders. Staff is also available for 24-hour emergency response for frail seniors living in senior residential buildings. Clients

live independently in their units and are responsible for paying their own rent and living expenses, though they may be eligible for a rent subsidy. Guelph Independent Living currently provides supportive housing services in a well established Guelph neighbourhood.

Clients must meet the eligibility requirements listed in the Programs & Services section on page 5 to qualify for this program.

There is no cost to the client for this service; the program is an Aging at Home Strategy initiative funded by the Local Health Integration Network.

For more information on Seniors' Supportive Housing, please contact the Manager, Services. There is a complete list of who to contact for each of the programs at the back of the brochure.

Attendant Outreach



■ ■ ■ If you have a physical disability and wish to remain living in your own home, Attendant Outreach is the program that can help keep you independent.

Guelph Independent Living provides prescheduled attendant services to individuals who live in their own homes in the community. Directed by the client, attendants assist in daily living activities and personal care between the hours of 6:00 a.m. and midnight, seven days a week. There is an average of three (3) hours of care per day to a maximum of 21 hours per week.

Attendant Outreach does not provide on-call services. The services are non-medical in nature and include assistance with bathing, dressing, toileting, transfers, meal preparation and homemaking.

Clients must meet the eligibility requirements listed in the Programs & Services section on page 5 to qualify for this program.

For more information on Attendant Outreach, please contact the Manager, Services. There is a complete list of who to contact for each of the programs at the back of the brochure.

Assisted Living



Assisted Living is an important step in decreasing emergency room visits while allowing seniors to maintain their independence and autonomy and their physical and mental health.

The Assisted Living program promotes wellness and improves the quality of life for seniors living in three selected geared to income seniors' buildings in Guelph by providing weekday support to tenants. An Outreach Support worker is on-site Monday to Friday to assist with personal care, house-keeping, laundry, meal preparation assistance, support with medications, crisis intervention, emergency response, safety checks, reassurance and emotional support, social and recreational programming, coordinated shopping and errands and

accompaniment to medical appointments. Senior recreation programs, provided by a Recreation Facilitator, focus on community involvement and building physical, mental, social and spiritual wellness.

There is no cost to the client for this service; the program is an Aging at Home Strategy initiative funded by the Local Health Integration Network.

To apply for the Assisted Living Program, please contact the Manger, Services and the County of Wellington, Housing Services Department at (519) 837-5492, extension 4060 for information about the program and eligibility criteria. There is a complete list of who to contact for each of the programs at the back of the brochure.

Home Help



There are times in life when maintaining a home by yourself—or for someone you care about—may be difficult. The Home Help program is a brokered homemaking program that matches eligible clients with screened homemakers who assist with light housekeeping, shopping, meal preparation and laundry. The client pays an hourly rate directly to the homemaker for the service, and there is a two hour minimum per visit.

To qualify for the Home Help program, clients must:

- be unable to carry out homemaking tasks

- be a frail **senior** or **a person with a disability**
- live alone or with someone who is unable to do the homemaking
- live in the City of Guelph or the immediate surrounding area

Funding for the coordination of this program comes from the Local Health Integration Network.

For more information on Assisted Living, please contact the Seniors' Community Coordinator. There is a complete list of who to contact for each of the programs at the back of the brochure.

Recreation & Inclusion Programs



Many persons with disabilities and seniors use wheelchairs or other assistive devices and often face barriers to participating fully in the community. Some of the barriers include inaccessible buildings or sidewalks, access to transportation, fixed and/or low income and lack of social support.

Guelph Independent Living strives to provide inclusion opportunities and remove barriers to fun. Every year the organization provides vacation, social and recreational opportunities to its clients. From concerts to sporting events, these valued activities enhance quality of life, reduce impediments to independence and promote full integration into the community by:

- reducing social isolation, as many clients have little or no family or other supports
- reducing financial obstacles

- helping clients access what they need in order to live independently, such as directing them to the right place or providing support to find information and resources

Guelph Independent Living shares the cost of some of these activities with clients, and the amount of subsidy depends on the cost of the event. Funding to support activities comes from the United Way, community foundations, service clubs, the business community, community fundraising efforts and from donations from caring individuals.

For more information on Recreation & Inclusion Programs, please contact the Administrative Assistant/Receptionist. There is a complete list of who to contact for each of the programs at the back of the brochure.

Community Resource Centre



Available to members of the community, including businesses and social service organizations, Guelph Independent Living maintains a clearinghouse of information on physical disabilities and seniors' related issues.

There are brochures, books, catalogues and videos available for loan. The agency newsletter will give you information on the organization, as well as sector and community news and activities. Funding for this service comes from grants, donations and community fundraising efforts.

For more information on the Community Resource Centre, please contact the Administrative Assistant/Receptionist. There is a complete list of who to contact for each of the programs at the back of the brochure.

Getting Involved



Guelph Independent Living is committed to its clients living with dignity by delivering quality programs, housing and supportive services, and you can help the organization meet its goals.

The agency remains committed to offering community engagement opportunities to seniors and persons with disabilities in the community who are isolated and face many barriers to community participation, and Guelph Independent Living will continue to need funding in order to expand the scope of our services.

Guelph Independent Living is a Registered Canadian Charity. Any donation you would like to make is tax deductible. For **cash donations**, please see the resources available to you below.

Canada Helps – www.canadahelps.org

Making a donation is just a click away, as this Website allows you to make secure, tax deductible donations of money or securities online quickly and easily. You can access the Website from Guelph Independent Living's own site at www.guelphindependentliving.org.

Memorial and Honour Giving

You can provide a charitable legacy or pay a lasting tribute to a loved one through memorial or honour donations. Please speak to the funeral home director or contact Guelph

Independent Living directly to assist you through the donation process. The agency will send acknowledgement cards on your behalf.

There are also many ways you can **donate** to Guelph Independent Living **without** making a **cash** outlay.

Zehrs Tapes

Either drop off or mail in your Zehrs cash register tapes to Guelph Independent Living and the agency can apply for a rebate based on your total bill. Every tape contributes directly to funding for important Recreation & Inclusion Programs.

Shoppers Optimum Points –

www.shoppersdrugmart.ca

Go online to donate your points to Guelph Independent Living. Click on Shoppers Optimum on the left hand navigation bar, and then on Donate Points and choose Guelph Independent Living from the list of Ontario Charities.

ThinkRecycle – www.thinkrecycle.com

Donate empty printer cartridges and gently used cell phones for recycling through an innovative fundraising program called ThinkRecycle. Help Guelph Independent Living while helping the environment! Please drop off any cartridges and phones to the Administration Office at 238 Willow Road.

Funding



Funding to support activities comes from the United Way, community foundations, service clubs, the business community, community fundraising efforts and from donations from caring individuals.

Funding for Guelph Independent Living's programs and services comes from grants, donations and in kind services provided by:



Contact Us

Guelph Independent Living's Administrative Office is in the lower level of Willow Place. The office hours are Monday to Friday from 9:00 a.m. to 4:30 p.m., and the office closes daily from 12:00 p.m. to 1:00 p.m. for lunch.

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Administrative Assistant/Receptionist – extension 20

Seniors' Community Coordinator – extension 22

Manager, Services – extension 30

Executive Director – extension 23

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