



Guelph Independent Living

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



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

“It does not matter how slowly you go
so long as you do not stop.”
– Confucius”



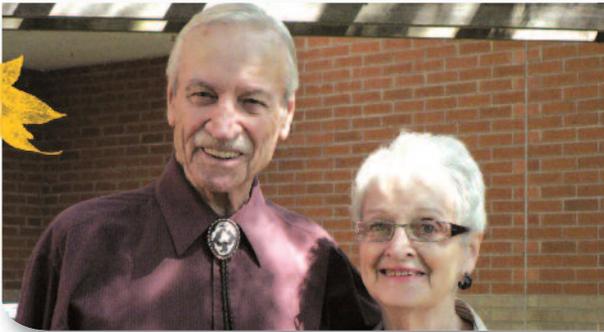
History

Guelph Independent Living (GIL) 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 Assisted Living and on an Attendant Outreach basis. The agency's mandate expanded in 2006 to include a homemaking program for seniors and adults with disabilities.

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

GIL values respect, dignity, and individuality by promoting freedom of choice and by encouraging the individuals' rights to make decisions, to direct services, and to establish and maintain personal lifestyles. The agency is all about fostering community participation, removing barriers, and providing information, advocacy, and support services.

Vision & Mission Statements



Guiding Guelph Independent Living in its delivery of programs are the Vision and 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.

GIL 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 booklet is available in alternate formats, such as audio and large print. If you require this document in a different style, please contact the Communications Officer. There is a complete list of who to contact at the back of the booklet.

Programs & Services

Guelph Independent Living assists adults with physical disabilities and seniors who live in their own homes in the community with the activities of daily living, which includes personal care, 24-hour emergency service, and assistance with meal preparation, 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 clients need to meet in order to qualify for **certain programs and services**.

Adults 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, and
- 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, and
- qualify for tenancy with the landlord.

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

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

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

Assisted Living provides 24-hour attendant services to adults with disabilities within integrated, accessible apartment buildings.

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

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

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.

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 (2) 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 an **adult with a disability**,
- live alone or with someone who is unable to do the homemaking, and
- 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 Home Help, 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 booklet.

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 (7) 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 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 booklet.

Assisted Living



If you, or someone you love, live with a permanent physical disability, it can be difficult to find a modified place to live that meets 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 adults with physical disabilities living in predetermined, accessible apartment buildings within the community. There are currently two (2) Assisted Living sites that GIL serves: the first is on Willow Road and the second is 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 to qualify for this program.

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

Seniors' Assisted Living



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 may often begin to consider long-term care solutions.

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

Seniors' Assisted Living supports 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.

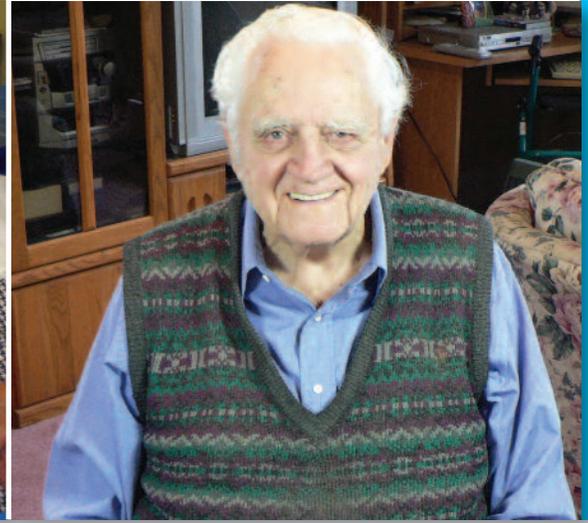
Clients live independently in their units and are responsible for paying their own rent and living expenses, though they may be eligible for a rent subsidy. Guelph Independent Living currently provides Seniors' Assisted Living in a well-established Guelph neighbourhood.

Clients must meet the eligibility requirements listed in the Programs & Services section 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' Assisted Living, please contact the Manager, Services. There is a complete list of who to contact for each of the programs at the back of the booklet.

Seniors' Supported Living



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

The Seniors' Supported Living program promotes wellness and improves the quality of life for seniors by providing weekday support to tenants living in two (2) selected geared-to-income seniors' buildings in Guelph. A Senior Support Worker is on-site Monday to Friday to assist with housekeeping, laundry, meal preparation, support with medications, crisis intervention, emergency response, safety checks, reassurance and emotional support, 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. Occasionally, there is a nominal fee charged to cover the cost of materials for some programs.

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 to Seniors' Supported Living, please contact the Manager, Services and the County of Wellington, Housing Services Department at (519) 837-5492 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 booklet.

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 and other supports,

- reducing financial obstacles, and
- 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.

GIL 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 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 booklet.

Community Resources



■ ■ ■ If you are looking for information and services and cannot seem to find what you need, call Guelph Independent Living. Serving clients, members of the community, businesses, and other social service organizations, GIL maintains a clearinghouse of information and resources about advocacy, accessibility, news, assistive devices, equipment and funding, caregiver supports, clothing, education, housing, income and employment, personal response systems and medical information, recreation and leisure, support services, transportation, and senior and youth specific.

There are brochures, books, catalogues, and videos available for loan, or check out the information available online at www.guelphindependentliving.org. The agency newsletter—*New Directions*—provides 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 Community Resources, 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 booklet.

Working with Us



A key component of providing quality services is hiring exceptional individuals who are looking for rewarding and challenging opportunities.

Your role at Guelph Independent Living is to respect and support clients while providing assistance with daily living according to self-directed care and personal choices.

The amount and type of assistance that you provide will vary greatly from client to client. Some clients will need minimal assistance with a few activities, others with all. You won't provide assistance with medical procedures, regardless of any professional training you have.

You will assist adults with physical disabilities and/or frail seniors to live independently and perform tasks like:

- transferring, positioning, and turning,
- dressing and undressing,
- washing and bathing,
- feeding,

- light housekeeping,
- meal preparation, and
- follow through on programs developed by an occupational therapist, physiotherapist, and/or speech therapist.

Qualifications

PSW certification or experience in the field are definite assets. However, if you are looking to make a career change, GIL can also provide on-the-job training and educational opportunities.

The most important attribute you should possess is an open-minded, flexible approach to clients and a caring and conscientious personality.

Compensation

Wages are competitive with health benefits for positions guaranteed 30 plus hours per week. For more information, contact the Manager, Human Resources. There is a complete list of contacts at the back of the booklet.

Funding



Funding to support recreation activities comes from the United Way, community foundations, service clubs, the business community, community fundraising efforts, and 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 administration office is on Woodlawn Road. The office is completely accessible with ample free parking. The hours of operation 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.

Guelph Independent Living
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Suite 207
Guelph, ON
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Telephone: (519) 836-1812

Fax: (519) 836-7918

TTY: (519) 836-5952

Website: www.guelphindependentliving.org

Facebook: www.facebook.com/GuelphIndependentLiving

Twitter: [@GuelphIndLiving](https://twitter.com/GuelphIndLiving)

Communications Officer – extension 33

Seniors' Community Coordinator – extension 22

Manager, Services – extension 30

Administrative Assistant/Receptionist – extension 20

Manager, Human Resources – extension 41

Executive Director – extension 23

Get Involved



Guelph Independent Living is a Registered Canadian Charity. Any donation you make is tax deductible, and you will receive an official tax receipt.

For cash donations, please see the options available to you below:

Mobility Van

It is well known that there is insufficient access to mobility transportation for adults with disabilities and frail seniors to venture further than their local transit routes. With so much to do beyond the regular community bus stops, this limits GIL's clients from fully integrating and participating in the community.

GIL wants to eliminate this barrier by purchasing a mobility van for its clients use. Your donation will improve the lives of those marginalized by disability, isolation, and poverty, and put them on the road to an enabled and engaged future.

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 GIL'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 GIL directly to assist you with the donation process. The agency will send acknowledgement cards on your behalf.

There are also many ways you can donate to GIL without making a cash outlay:

Zehrs Tapes

Either drop off or mail in your Zehrs cash register tapes to GIL, 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 GIL. Click on the Shoppers Optimum link 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 GIL while helping the environment! Please drop off any cartridges and phones to the administration office at 255 Woodlawn Road West, Suite 207.

