

# **Supporting You to Live at Home**

# The Integrated Assisted Living Programs for Seniors

### **Supporting your independence**

The Integrated Assisted Living Program for seniors will help you live independently at home with the support you need.

- A care coordinator can connect you to the help you need for personal care and everyday tasks.
- If you are returning home following a hospital stay, a care coordinator can also help you get the personal care and community support you need.
- There is no cost to you for the personal support services that are arranged through Ontario Health atHome.

# Your Care at Home

### **Personal Care**

We can connect you to round-the-clock help for:

- Bathing and dressing
- Help with toileting, incontinence care
- Medication reminders
- Assistance with falls
- Help with meals
- Wellness checks

### **Recreation and Activity**

We will connect you with recreation and fitness programs suitable for older adults. This will help you stay active and connected to the community.



### **Personal Response System**

We can help you to feel safer in your home. At the touch of a button, the personal response system gives you access to help 24 hours a day, seven days a week.

# **Contact Information**

If you have any questions regarding this service, please contact: **310-2222** • **ontariohealthathome.ca** 

# The Integrated Assisted Living Program assists eligible seniors in the following neighbourhoods:

### Cambridge

Lang's Drive / Eagle Street

### Guelph

Village by the Arboretum Waterloo Avenue Woodlawn Road Woolwich Street

#### Kitchener

Franklin Street Margaret Avenue / Queen Street Wilson Avenue / Fourth Avenue

### **Eastern Township of Southgate**

#### Waterloo

Allen Street / William Street

#### Wellington County North



#### Notes: