

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

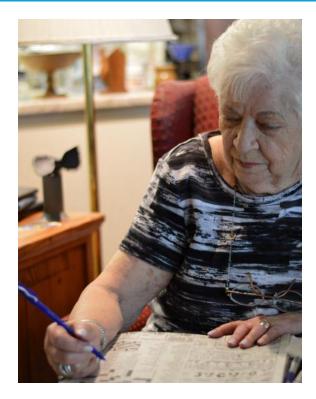
Franklin Street Margaret Avenue / Queen Street Wilson Avenue / Fourth Avenue

Eastern Township of Southgate

Waterloo

Allen Street / William Street

Wellington County North



Notes: