

Long Term Care in Ontario 2010

Residential Facilities

Nursing Homes

How Nursing Homes are organized and administered

Nursing homes or long-term care homes, as they are called in Ontario, are residential facilities that provide 24-hour skilled nursing care and supervision. They offer higher levels of personal care and support than those offered by retirement homes or supportive housing and cater to individuals, usually seniors, who have serious long term health care needs that cannot be fulfilled in the home. However, they also provide short-stay (respite) services in order to provide family caregivers with a break from caregiving duties or to provide the resident with support to regain strength and confidence, usually following a stay in a hospital.

Long-term care homes are owned and operated by various organizations including private corporations, municipal councils and non-profit organizations such as faith, community, ethnic or cultural groups. However, all applications to long-term care homes are coordinated by the local Community Care Access Centre (CCAC). Once the CCAC has conducted an assessment to determine eligibility, the next step is to choose the homes to which to apply. The CCAC will provide lists and basic information about homes in the area. An individual may apply to a maximum of three homes. The fees for all Nursing Homes in Ontario, regardless of ownership, are set by the Ontario Ministry of Health and Long-Term Care.

Eligibility/Requirements for Admission

In order to qualify to move to a long-term care home, a person must:

- Be 18 years of age or older
- Possess a valid Ontario Health Card
- Have health care needs that cannot be met with any combination of caregiving or community-based services in the home
- Have health care needs that can be met in a long-term care home

The CCAC will determine eligibility by conducting an assessment of health needs and the availability of alternative care options such as home care and informal caregivers.

Income/Asset Test

An income or asset test does not form part of the assessment conducted by the CCAC. Anyone who meets the above criteria is eligible to apply for a spot in a nursing home regardless of their financial situation.

Costs

Fees for nursing homes are standardized across Ontario, regardless of ownership, and are established by the Ministry of Health and Long-Term Care (MOHLTC). The MOHLTC provides funding for homes. The amount paid by residents for their accommodation is called a "co-payment". Costs as of July 1st, 2010 for accommodation in a long term care home depend upon the type of accommodation.

	Type of Accommodation	Co-Payment Daily Amount	Co-Payment Monthly Amount
Long-Stay Program			
Basic/standard accommodation	Usually wards (3 or more beds) but depends on when the home was constructed or renovated	\$53.23	\$1619.08
Preferred accommodation	Semi-private room	\$61.23	\$1862.41
Preferred accommodation	Private room	\$71.23	\$2166.58
Short-Stay Program		\$34.63	\$1053.33

Nursing Home fees include:

- Furnishings (e.g. bed, chair), meals (including special diets), bed linens and laundry, personal hygiene supplies, medical/clinical supplies and devices (e.g. walkers, wheelchairs for occasional use), housekeeping, pastoral services, social and recreational programs, medication administration, and assistance with the essential activities of daily living.
- Nursing and personal care on a 24-hour basis and access to a physician, and other health professionals.

Additional services such as hairdressing, cable TV and telephone services, transportation, etc. are usually available for an additional fee. All long-term care homes have dining rooms and common rooms, and may also have features such as a lounge, gift shop, beauty salon, chapel, or garden.

If an individual's income is not sufficient to pay for the basic accommodation, there is a subsidy available. However, it is only available for basic accommodation. The CCAC will assess whether an individual's income is indeed insufficient to cover the cost of the nursing home based on income tax returns. If such is the case the total monthly income of the individual less \$100 will be taken towards covering the cost of a basic bed and the rest of the cost will be covered by the provincial government.

Retirement Homes/Residences

How Retirement Homes are Organized and Administered

A retirement home in Ontario is a multi-residence housing facility that provides accommodation and services such as meals and cleaning services for older people. Retirement homes in the province are privately owned and operated and not administered by the provincial government. Each facility usually provides a private or semi-private room or complete living suite and then also provides common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Admission, fees and waiting lists for retirement homes are controlled by the homes themselves, not by the government. Admission usually depends on the ability to pay and absence of serious medical conditions that require professional nursing care. Residents are responsible for paying their own fees and government subsidies are not available for accommodation in a retirement residence.

Costs

Room Type	Provincial Median	Provincial Range	Toronto Median	Ottawa Median
Private	\$2930.00/mth	\$1329.00-\$7750.00	\$4186.00	\$3275.00
One-bedroom Suites	\$3727.50/mth	\$2400.00-\$9000.00	\$3888.50	\$3850.00

Home Care

Government-subsidized Home Care

How Government-subsidized home care is organized and administered

Home care services allow seniors to live at home independently for as long as possible. There are four main categories of Home and Community Support Services:

- (a) Visiting Health Professional Services that provide health care in the home such as skilled nursing
- (b) Personal Care and Support that can help with a variety of daily living activities such as bathing, dressing, toileting, eating and more
- (c) Homemaking services that assist with routine household activities such as menu planning and meal preparation, shopping, light housekeeping and more
- (d) Community support programs offer a wide variety of services such as meal delivery, transportation, caregiver relief, adult day programs, social and recreational services, security checks and more

Home care subsidized by the provincial government is administered by local Community Care Access Centres (CCAC). Once contacted, the local CCAC will send over a Case Manager who will conduct an assessment of the senior's needs and develop a care plan to meet the senior's needs.

Eligibility/Requirements for Admission

To receive home care services from a CCAC, a person must have:

- A valid Ontario Health Card
- Needs that cannot be met on an outpatient basis, e.g. a client may need help in bathing at home
- A medical condition that can be adequately treated in the home
- A need for at least one professional or personal support service

Income/Asset Test

An income or asset test does not form part of the assessment conducted by the CCAC. Anyone who meets the above criteria is eligible to apply for home care regardless of their financial situation.

Costs

CCAC services are provided at no cost to clients. CCAC allots the services depending on assessment and availability.

Private Home Care

CCAC resources are limited and go to the neediest. As a result, many seniors get inadequate amounts of CCAC services and have to rely on private home care services to receive the appropriate amount of care.

Costs of Private Home Care

Type of Service	Provincial Median	Provincial Range	Toronto Median	Ottawa Median	Kingston Median	Windsor Median
Meal Delivery (per meal)	\$5.50	\$4.00-\$10.00	\$5.30	\$5.00	\$5.50	\$5.00
In-home Meal Preparation (per hr)	\$23.00	\$12.00-\$29.90	\$22.00	\$24.98	\$27.36	\$25.09
Laundry/Housecleaning (per hr)	\$22.85	\$6.00-\$29.90	\$22.00	\$23.50	\$15.00	\$24.18
Personal Care (Bathing/Dressing) (per hr)	\$23.95	\$12.00-\$30.00	\$22.90	\$26.40	\$26.93	\$26.00
Companionship/Supervision (per hr)	\$23.00	\$12.00-\$29.90	\$21.00	\$25.00	\$27.36	\$26.00
Skilled Nursing (per hr)*	\$54.76	\$22.85-\$70.00	\$50.00	\$49.65	\$57.85	\$60.00
Physiotherapy (per hr)	\$105.00	\$50.00-\$150.00	\$97.50	\$120.00	\$52.50	N/A
Occupational Therapy (per hr)	\$100.00	\$85.00-\$166.00	\$94.55	\$105.00	\$105.99	N/A
Palliative Care (per hr)	\$45.00	\$12.00-\$62.20	\$36.00	\$49.64	\$27.91	\$57.46
In Home Relief (per hr)	\$24.95	\$12.00-\$60.00	\$23.00	\$39.44	\$54.60	\$26.52
24 Hour Live-In Care (per hr)	\$23.50	\$18.00-\$30.00	\$39.44	\$26.27	\$26.82	\$26.00

* Fees range depending on what kind of nurse, such as a registered nurse (RN) or Licensed Practical Nurse (LPN) delivers care.

Adult Day Care

How Adult Day Care Program Works

Adult day care is a program for the elderly, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Mondays through Fridays. They provide a secure, caring and positive setting for the elderly. Nutritious lunch meals are provided which usually accommodate any special diet, along with an afternoon snack.

Adult day care centres can be public or private, non-profit or for-profit. The purpose of an adult day centre is:

- To provide the elderly time to enjoy a setting outside of their house where they can obtain both mental and social encouragement and stimulation and any required health care.
- To provide family caregivers with a much-needed break in order to focus on themselves, take time and relax or go to work.

Candidates

Candidates for adult day care are the elderly who may be:

- Challenged either physically and/or cognitively, but do not require 24-hour supervision or,
- In the early stages of dementia.
- In need of social contact and stimulation.

Adult day care centre participants need to be mobile, with the possible assistance of a cane, walker or wheelchair and in most cases they must also be continent. There are a few specialized day care programs for seniors with specific medical needs.

Costs

Type of Services	Provincial Median	Provincial Range
Program with Meal and Transportation	\$19.00	\$6.00-\$35.00

Typical Home Care Scenarios

Scenario 1: Low Level of Care

Mrs. Williams is an 85 year old widow still living at home. She has osteoarthritis and leg edema that is relieved by support stockings. However, because her fingers are arthritic and she cannot bend forward, she requires assistance to put on her stockings. She is able to get around her home using her rollator.

Two months ago Mrs. Williams had a significant fall and lost 9 kg. Both her daughters assist Mrs. Williams on weekends and evenings, and one of her daughter's husbands maintains the house, lawn, etc. Her daughters report that Mrs. Williams complains that she forgets to eat and that the food in the refrigerator has spoiled. When they are with her, she eats very little and sometimes chokes on her food. To ensure that she eats safely, Mrs. Williams needs meals delivered to her home and also requires a home maker to supervise her meals. To increase her safety, Mrs. Williams requires a home safety assessment as well as some assistance with bathing.

Care Plan

- Meal Delivery: 2 meals a day for weekdays with Meals on Wheels or other meal delivery programs
- Meal Supervision: 1 hour a day for weekdays including recording her meal intake and providing stand-by assistance if patient chokes
- Bathing: 2 times weekly 1 hour each
- Dressing: 20 minutes for weekday mornings to assist with putting on support stockings
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations

	Services Required	Covered by Government ⁽¹⁾	Services required to be paid by client	Cost per unit	Monthly Cost
Meal Delivery	10 meals/wk	0	10 meals/wk	\$5.50/meal	\$236.50
Meal Supervision	5 hr/wk	0	5 hr/wk	\$23.00/hr	\$494.50
Personal Care: Bathing/Dressing	3.7 hrs/wk	2 hrs/week	1.7 hrs/wk	\$23.95/hr	\$175.07
TOTAL per month					\$906.07

In addition, there will be expenses for two visits of an occupational therapist including a 1 hour initial assessment and 45 minutes follow up after equipment has been installed. The two visits will cost \$174.99 altogether.

Scenario 2: Intermediate Level of Care

Mr. Leung is a 72 year old widower. He lives alone in an apartment in a senior's apartment building in a small community outside of the city. Mr. Leung has cataracts in both eyes and has been diagnosed with dementia. His son assists Mr. Leung in the evenings but is not available on the weekends so he needs meal preparation on weekends. He occasionally forgets to take his medicines and does not eat properly. His son has arranged for him to attend an Adult Day Program four times a week, but worries that he may not remember the days and will sleep in. Although he does not wander out of his apartment, he requires help to get to and from the bus so that he will not get confused and wander. Mr. Leung requires supervision with bathing, laundry, meal preparation and clean-up.

Care Plan

- In-home meal preparation: 2 hours a day for weekends
- Bathing and Personal care: 4 times weekly 1 hour each
- Dressing: 4 times weekly 1 hour each to assist with morning hygiene and dressing for the Adult Day Program
- Safety Supervision: 4 times weekly 30 minutes each, off of the bus and into his apartment so he does not get lost
- Supervision with medication: 1 hour weekly
- Laundry: 2 hours every other week
- House Cleaning: 1 hour weekly

	Services Required	Covered by Government⁽¹⁾	Services required to be paid by client	Cost per unit	Monthly Cost
In-home Meal Preparation	4 hrs/wk	0	4 hrs/wk	\$23.00/hr	\$395.60
Personal Care: Bathing/Dressing	8 hrs/wk	3 hrs/wk	5 hrs/wk	\$23.95/hr	\$514.93
Adult Day Care Program (including transport)	4 times/wk	Managed & operated by the CCAC at low daily cost to senior	4 times/wk (low daily fee)	\$19.00	\$326.80
Safety Supervision	2 hrs/wk	2 hrs/wk	0	0	\$0.00
Supervision with Medication	1 hr/wk	0	1 hr/wk	\$23.00/hr	\$98.90
Laundry/House Cleaning	2 hrs/wk	0	2 hrs/wk	\$22.85/hr	\$196.51
TOTAL per month					\$1532.74

Scenario 3: High Level of Care

Mrs. Jensen is 88 years old and lives with her husband who is 93 yrs old in a two-bedroom condominium. The CCAC has recommended that Mrs. Jensen be moved to a nursing home. However, her daughter has promised that she will not send her parents to a nursing home. Mrs. Jensen has had a recent stroke and is diabetic. She can transfer on her own but can only walk short distances as her balance is poor and she is at risk for falls. In addition, she has stage 2 ulcers on her heel that makes walking difficult. For longer distances, she uses a wheelchair. Mrs. Jensen's husband is alert and aware but he is physically frail. She, therefore, requires a caregiver to provide assistance with bathing, meal preparation, house hold chores and to take her to appointments. She needs a nurse to regularly monitor and chart her medicine use, blood sugar readings and clean her heel ulcer and change her bandages. An Occupational Therapist referral is needed to provide recommendations for safety equipment, (safety bars, raised toilet seat, lighting, removing clutter or loose rugs).

Care Plan

- In home meal preparation: 2 hours daily
- Private caregiver: 8 hours daily to assist with bathing, dressing, toileting, transferring and provide caregiver relief
- Private RN: 4 times weekly 30 minutes each to monitor insulin use and chart; to check that medicines are taken accurately; and to monitor and change dressing on heel ulcer
- Laundry: 2 hours every other week
- House Cleaning: 1.5 hours weekly
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations. Two visits including 1 hour initial and 45 minutes follow up after equipment has been installed.

	Services Required	Covered by Government⁽¹⁾	Services required to be paid by client	Range of cost per unit	Monthly Cost
In-home Meal Preparation	14 hrs/wk	0	14 hrs/wk	\$23.00/hr	\$1384.60
Personal Care: Dressing/Bathing	56 hrs/wk	20 hrs/wk	36 hrs/wk	\$23.95/hr	\$3707.46
Skilled Nursing	2 hrs/wk	1 hr/wk	1 hr/wk	\$54.76/hr	\$235.47
Laundry/House Cleaning	2.5/wk	0	2.5/wk	\$22.85/hr	\$245.64
TOTAL per month					\$5573.17

In addition, there will be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost \$174.99.

⁽¹⁾ The hours of care allotted by the CCAC mentioned above are an estimate only. The actual hours allotted by the CCAC may be more or less depending on a formal care assessment and regional availability.

TAKINGCARE INC. is a comprehensive, impartial service that promotes and supports caregiver wellness and wellness for seniors, enabling families to give the best possible care to aging family members, while also taking best care of themselves.

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