

## Living On My Own – What Supports Are Available

(For individuals with physical disabilities age 16+)

- **Attendant Care Services** – physical assistance with personal care and activities of daily living; must be able to direct your own care; government funded
  - **Outreach Services** – services can be provided at home, work, school or out in the community; services are pre-scheduled and not available on an “on-call” basis; maximum 21 hours/week
  - **Direct Funding** - enables adults with physical disabilities to hire and schedule their own attendants; services can be provided anywhere in Ontario; maximum 212 hrs/month – the amount of service funded is individually negotiated; must be able to undertake the functions, responsibilities and potential risks of being an employer
  - **Assisted Living** – live independently in an accessible apartment with access to attendant care services on a 24 hour basis; maximum 42 hours/week; individuals are responsible for all other expenses including rent, utilities, food and transportation
  
- ◆ Waitlists for the above programs vary
  
- ◆ Agencies providing Attendant Care Services in Waterloo Region, Guelph and Wellington County
  - Independent Living Centre of Waterloo Region [www.ilcwr.org](http://www.ilcwr.org)
  - Traverse Independence [www.traverseindependence.ca](http://www.traverseindependence.ca)
  - Guelph Independent Living [www.guelphindependentliving.org](http://www.guelphindependentliving.org)
  
- ◆ Waterloo Wellington Local Health Integration Network
  - <http://healthcareathome.ca/WW/en>
  - [Can provide health care supports in addition to support for personal care and activities of daily living; ability to direct your own care is not a requirement](#)
  
- **Additional Day to Day Supports** – services can include assistance with grocery shopping, housekeeping, snow removal, meals and transportation; fee for service; services are sometimes provided by volunteers
  
- ◆ Agencies providing additional day to day supports in Waterloo Region, Guelph and Wellington County
  - Community Support Connections <https://communitysupportconnections.org/>
  - Community Care Concepts (Woolwich, Wellesley and Wilmot Townships) [www.communitycareconcepts.ca/](http://www.communitycareconcepts.ca/)
  - Guelph Independent Living – Home Help [www.guelphindependentliving.org](http://www.guelphindependentliving.org)

- Community Resource Centre (North and Centre Wellington) –Transportation <http://communityresourcecentre.org/>
- PIN Network (Guelph) – Snow Removal <https://pinnetwork.ca/snow-angels/>
- Region of Waterloo – Homemaking Support [www.regionofwaterloo.ca/en/living-here/homemaking-support.aspx](http://www.regionofwaterloo.ca/en/living-here/homemaking-support.aspx)
- City of Waterloo – Home Support Services [www.waterloo.ca/en/index.aspx](http://www.waterloo.ca/en/index.aspx)
- VON – Waterloo Wellington Dufferin [www.von.ca/en/site/waterloo](http://www.von.ca/en/site/waterloo)
- East Wellington Community Services – Transportation [www.eastwellingtoncommunityservices.com](http://www.eastwellingtoncommunityservices.com)
- Premier Homecare Services [www.homecarewaterlooregion.com](http://www.homecarewaterlooregion.com)
- Closing the Gap [www.closingthegap.ca](http://www.closingthegap.ca)
- Right at Home Canada [www.rightathomecanada.com](http://www.rightathomecanada.com)

➤ **Finding Accessible and Affordable Housing** -there is a lot of information on the internet to assist you in finding a place to live. Here are a few websites to start with:

- [www.regionofwaterloo.ca/en/living-here/find-affordable-housing.aspx](http://www.regionofwaterloo.ca/en/living-here/find-affordable-housing.aspx)
- [www.waterlooregion.org/basic-needs-guide/basic-needs/housing](http://www.waterlooregion.org/basic-needs-guide/basic-needs/housing)
- [www.waterlooregion.org/sites/default/files/HousingResources.pdf](http://www.waterlooregion.org/sites/default/files/HousingResources.pdf)
- [www.wellington.ca/en/social-services/housing.aspx](http://www.wellington.ca/en/social-services/housing.aspx)
- <http://cwsocialjustice.ca/wp-content/uploads/2014/01/Housing-Access-Guide-2014.pdf>
- [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)

#### Lutherwood Housing Support Drop-In Services

<https://www.lutherwood.ca/housing/support-services>

- Housing Advisors help individuals, couples and families aged 16 years or older with a self-directed housing search to find and maintain sustainable housing
  - They can help you learn about subsidized housing, conduct a housing search and more
  - No cost
- ◆ Guelph Independent Living owns some accessible units that they rent out [www.guelphindependentliving.org](http://www.guelphindependentliving.org)
  - ◆ Angel Oak Communities [www.angeloak.ca/](http://www.angeloak.ca/)

## ➤ Funding Programs

- ◆ Ontario Renovates – forgivable loans for home renovations and maintenance  
[www.regionofwaterloo.ca/en/living-here/funding-for-home-repairs.aspx](http://www.regionofwaterloo.ca/en/living-here/funding-for-home-repairs.aspx)  
[www.wellington.ca/en/social-services/importantnewsandinformation.aspx](http://www.wellington.ca/en/social-services/importantnewsandinformation.aspx)
- ◆ Affordable Home Ownership program- provides individuals and families with a loan for the down payment on a home.  
[www.regionofwaterloo.ca/en/living-here/funding-to-help-buy-a-home.aspx](http://www.regionofwaterloo.ca/en/living-here/funding-to-help-buy-a-home.aspx)  
[www.wellington.ca/en/social-services/resources/Housing/Homeownership Revolving Fund Guidelines 2012.pdf](http://www.wellington.ca/en/social-services/resources/Housing/Homeownership%20Revolving%20Fund%20Guidelines%202012.pdf)
- ◆ March of Dimes Home Modification Program  
<https://www.marchofdimes.ca/EN/programs/hvmp/Pages/HomeandVehicle.aspx>
- ◆ Grants and Rebates  
<https://showmethethegreen.ca/>