



HOUSING OPTIONS FOR OLDER ADULTS IN HAMILTON

2024



Hamilton Seniors
Advisory Committee



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About This Publication

This resource guide provides important information about housing for seniors in Hamilton, Ontario. It is meant to help with the decision-making process.

Many seniors want to live in their own homes for as long as they are able. Sometimes our circumstances require us to make a change and these changes can affect our quality of life. Before you make a decision about housing, investigate, gather as much information as possible, and explore your options.

Discuss the options that interest you with your spouse, your children, other family members or close friends. You may want to consult Home and Community Care Support Services (refer to page 38 of the guide for contact information) if you have any questions or concerns, as well as speak to your family doctor if you have any ongoing medical conditions.

This resource has been created to help you better understand your options and assist you with the decision. Compare your options and then decide what works best for you.

Visit www.hamilton.ca/seniors to download a copy.

Housing Search Checklist: Financial Considerations

Monthly Income

Current

Future

Salary, wages, self-employment		
Rental property income		
Investment income		
Government Benefits (EI, CPP, OAS, OW)		
Pensions (RRSP, TFSA)		
Other		
Total monthly income	\$	\$

Monthly Expenses

Current

Future

Mortgage, rent, condo fees		
Homeowner's/renter's insurance		
Utilities (phone, internet, TV, gas, water)		
Property tax		
Income tax		
Home maintenance (painting, appliance replacement, carpet cleaning, window washing, gutter cleaning)		
Lawn and yard care (lawn mowing, snow removal, tree trimming)		
Groceries and dining out		
Entertainment and recreation		
Transportation fees (car, gas, insurance, taxi, Uber, bus)		
Healthcare (medication, insurance)		
Other		
Total monthly expenses	\$	\$

Surplus/deficit (income minus expenses)	\$	\$
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Housing Search Checklist: Physical Considerations

Mobility and Balance

Yes No

Climb a flight of stairs independently and safely	<input type="checkbox"/>	<input type="checkbox"/>
Transfer from sitting to standing and vice versa without difficulty	<input type="checkbox"/>	<input type="checkbox"/>
Ability to walk two to three neighbourhood blocks	<input type="checkbox"/>	<input type="checkbox"/>

Strength and Endurance

Lift a lightweight object from the floor to waist height	<input type="checkbox"/>	<input type="checkbox"/>
Carry a small load (e.g. laundry basket) for a short distance	<input type="checkbox"/>	<input type="checkbox"/>
Perform gentle exercises (e.g. arm raises, leg lifts) without excessive fatigue	<input type="checkbox"/>	<input type="checkbox"/>

Fine Motor Skills

Fasten buttons, zip up a jacket, or tie shoelaces independently	<input type="checkbox"/>	<input type="checkbox"/>
Handle small objects (e.g. utensils, keys, phones) with ease	<input type="checkbox"/>	<input type="checkbox"/>
Write or draw with reasonable control and precision	<input type="checkbox"/>	<input type="checkbox"/>

Visual and Perception

Read a standard-sized font without difficulty	<input type="checkbox"/>	<input type="checkbox"/>
Identify and differentiate between common household items	<input type="checkbox"/>	<input type="checkbox"/>
Navigate through spaces without tripping on obstacles	<input type="checkbox"/>	<input type="checkbox"/>

Activities of Daily Living

Bathe and shower independently and safely	<input type="checkbox"/>	<input type="checkbox"/>
Dress and groom oneself without assistance	<input type="checkbox"/>	<input type="checkbox"/>
Prepare simple meals and snacks independently	<input type="checkbox"/>	<input type="checkbox"/>

- High "Yes" responses: Indicates a higher level of independence, suggesting the senior may be capable of living alone with minimal support.
- A significant number of "No" responses: Suggests potential challenges in various areas, and assisted living may be beneficial to ensure safety and well-being.

Housing Search Checklist: Community Considerations

Current or Future Home Accessibility

Yes No

Are the front and back doors easily accessible?		
Are the hallways and doorways wide enough to be accessible for wheelchairs or walkers?		
Are there improvements to the house or opportunities that make it more accessible?		
Is there adequate access and space for friends and family to visit?		

Transportation

Is public transportation easily accessible?		
Are there taxi services or other door-to-door transportation options within the area?		
Is there adequate parking for visitors?		
Is there clear information on public transit schedules and routes?		

Social Amenities

Are there active community or senior centers offering social activities?		
Are there shopping centers and grocery stores nearby?		
Is there access to parks or green spaces?		
Are there opportunities for engaging in community events and excursions?		

Healthcare Facilities

Is there access to quality healthcare facilities nearby?		
Is there easy access to pharmacies for medication needs?		
Are emergency services within a reasonable distance?		
Are there nearby options for in-home healthcare services?		

- High number of "Yes" responses: Suggests that the community aligns well with the senior's needs, offering comprehensive amenities.
- Substantial number of "No" responses: Indicates that the community lacks essential features for ensuring comfort and satisfaction.

Downsizing



Once all the financial, physical, and community considerations have been assessed, seniors have several options. They may choose to age in place with no changes made, move to a more appropriate location that meets their current needs and priorities, or they may begin a process of downsizing in their current home.

Decluttering companies are available to assist seniors in organizing excess belongings and divesting them in a thoughtful, organized manner. Real estate agents can be chosen to provide appraisals and suggest other future housing options specific to each client's needs. There are selected real estate agents that have the Seniors Real Estate Specialist (SRES) designation. Decluttering companies and SRES agents can collaborate with seniors and their families by completing cleaning and decluttering tasks, referring them to other professionals who specialize in assisting seniors, and staging their homes for the purpose of selling. Many also assist clients over a period of time so that seniors can gradually downsize and adjust as their needs change and they become more emotionally ready to move.



Emergency Housing Information



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Emergency housing is available for a variety of reasons including eviction, fires and homelessness. There are a number of support services for these situations.

Housing Help Centre

How to find and maintain housing, access subsidized and supportive housing, understand your tenant rights and prevent evictions

Phone: 905-526-8100

Website: www.housinghelpcentre.ca

Housing Services Division - Healthy & Safe Communities Department, City of Hamilton

Address: 350 King St. East, Hamilton

Phone: 905-546-4800

Website: <https://www.hamilton.ca/people-programs/housing-shelter/housing-services>



Emergency Housing for Women



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Inasmuch House Crisis Line

Emergency shelter and legal advocacy.

Phone: 905-529-8600

Website: www.mission-services.com/programs-and-services/inasmuch-house/

Interval House 24-Hour Crisis Line

Emergency shelter, counselling, safety planning, and learning about gender-based violence, family violence and human trafficking.

Address: 630 Sanatorium Rd, Hamilton

Phone: 905-387-8881

Website: www.intervalhousehamilton.org

Martha House Crisis Line

Emergency shelter, short-term accommodation, and emergency transportation to the shelter. Referrals and advocacy for legal, medical, financial, employment, housing, and community services.

Address: 25 Ray St N, Hamilton

Phone: 905-523-6277

Website: www.goodshepherdcentres.ca/services/martha-house/



Emergency Housing for Women



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Mary's Place

Emergency shelter, safety, support, and emergency accommodation to clients who are dealing with homelessness, poverty, mental illness and/or violence.

Address: 20 Pearl Street North, Hamilton

Phone: 905-540-8000

Website: www.goodshepherdcentres.ca/services/marys-place/

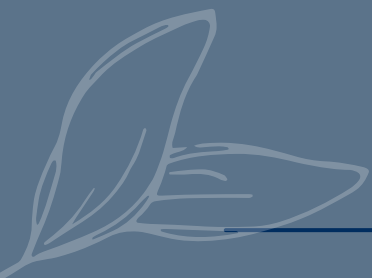
Native Women's Centre

Safe shelter for all women regardless of age, ancestry, culture, place of origin or sexual orientation with or without children who are experiencing crisis in their lives due to family violence, homelessness, or conflict with the law.

Address: 1900 King Street East, Hamilton

Phone: 905-664-1114

Website: www.nativewomenscentre.com





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Emergency Housing for Men



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Good Shepherd Centre

Emergency overnight accommodation including meals and laundry services.

Phone: 905-528-9109

Address: 135 Mary Street, Hamilton

Website: www.goodshepherdcentres.ca

Mission Services Men's Residence

Emergency Shelter for Men.

Address: 400 King Street East, Hamilton

Phone: 905-528-7635

Website: www.mission-services.com/programs-and-services/mens-shelter/

The Salvation Army Booth Centre Single Men's Hostel

Emergency Housing for Men who are experiencing homelessness.
Provides Short and Long-term Transitional accommodation.

Address: 94 York Blvd, Hamilton

Phone: 905-527-1444

Website: www.salvationarmy.ca



Ownership Housing Choices



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Homeownership can become a major concern as a person gets older. Some people may own their home but want to downsize as their family moves away. Maintenance costs, utility costs and taxes may pose problems as mobility and income decrease. Planning and choosing practical options can be a challenge.

Home Sharing



Home sharing is a living arrangement where a number of unrelated people live in a single dwelling. If you own your own home and have an extra bedroom you could consider offering it to someone in exchange for money and/or help with chores and maintenance. Home sharing can be used to help financially and/or provide companionship and a sense of security. Sometimes a renter may also give you help with chores and maintenance which can save you the expense of hiring someone. There are no home-share organizations in Hamilton at the present time. More information can be found at Golden Home Sharing Connections.

Website: <https://goldenhomesharingconnections.ca/>



Benefits

Shared expenses

Companionship and social interaction

Can provide assistance and support between housemates

Drawbacks

Compatibility issues with housemates

Privacy Concerns

Potential conflicts over household responsibilities and rules

Co-Housing



Co-housing is a concept where a group of people get together to plan and develop their housing community. It can either be a new build or an adaptation of an existing building(s). Residents own their own housing units but often share spaces such as dining and recreational facilities, as well as services. In this option, seniors maintain independent spaces and choose to live with friends and share interests and workloads. More information can be found at www.cohousing.ca or email info-east@cohousing.ca

A group home is a single-family home setting that is designed to help individuals with complex health care needs in a home-like setting. It is a more intimate setting compared to a long-term care or retirement facility. Group homes may offer an alternative to living in an unaffordable retirement home.



Benefits

Shared communal spaces for social interaction

Supportive community environment

Collective decision-making can lead to efficient resource use

Drawbacks

High initial investment and ongoing fees

Limited privacy compared to traditional housing

Potential conflicts over communal living arrangements and decisions

Purchased Condominiums

Condominiums are dwellings (houses, townhouses and apartments) purchased from private housing companies/providers or prior owners. You own your share of the condominium and you are responsible for selling it when you move. They are governed by the Condominium Act, of 1998. The Canada Mortgage and Housing Corporation offers a variety of free publications including a condominium buyer's guide. Check with your local real estate office for availability/purchase of condominiums throughout Hamilton. For further information contact the Canada Mortgage and Housing Corporation (CMHC) at 1-800-665-2642, contactcentre@mchc.ca, or visit <https://www.cmhc-schl.gc.ca/>



Benefits

Many different amenities

Low maintenance

Access to shared facilities without direct responsibility for maintenance

Drawbacks

Monthly condo fees

Potential for conflict among condo residents

Limited control over building decisions and policies

Life Lease Housing



Life-lease housing is usually owned and managed by a non-profit organization. Residents pay for the right to occupy a unit by purchasing a lease for a period of time for an upfront payment, plus a monthly maintenance fee. Unlike renting, the lease is for a set number of years or for life. When the resident moves out, the lease is sold at fair market value, less a fee. Most life-lease communities maintain a waiting list of potential buyers. Application is to the individual life lease building or corporation. More information can be found at <https://www.ontario.ca/document/life-lease-housing>



Benefits

Lower upfront costs

Potential access to amenities and services

Flexibility to move without the hassle of selling a property

Drawbacks

Monthly lease payments

Restrictions on modifications and alterations

Dependency on the landlord or management company for maintenance

Renovating Your Current Home



Renovating your own home to meet your current and future needs can help you maintain independence. Options you may want to consider include: adding grab bars in the bathroom, changing the bathtub or shower, installing hand railings or a stair lift, modifying kitchen cupboards, or relocating a bedroom to the main floor.



Benefits

Potential increase in property value

Full customization to suit changing needs

Staying within your neighbourhood and community

Drawbacks

Large upfront costs

Disruption and stress during the renovation process

Limited options for customization depending on home layout



Financial Information - Supports and Programs

Multigenerational home renovation tax credit (MHRTC):

Offers a refundable tax credit for certain renovation expenses to create a self-contained secondary unit. The secondary unit must allow a senior or an adult who is eligible for the disability tax credit to live with a qualifying relative.

The value of the credit is 15% of the lesser of qualifying expenditures and \$50,000 for qualifying expenditures for each qualifying renovation.

More information can be found at
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/multigenerational-home-renovation.html>



Tax Assistance Programs

Deferral of Tax Increase

The City of Hamilton allows a senior who receives and/or their spouse receives assistance under the Ontario Disability Support Program (ODSP), Guaranteed Income Supplement (GIS), or the amount paid under the CPP disability benefit. Allows you to defer property tax payments until the house is sold. Once the house is sold, the taxes plus interest must be paid.

Low-income deferrals

This program allows eligible low-income seniors to defer property tax increases. The senior must be age 65 or older and in receipt of assistance from the Guaranteed Income Supplement.

Seniors 65+ tax rebate program – 2023 Taxation Year

You may be eligible for a \$223 property tax credit if you and/or your spouse are age 65 or older, have a combined income of \$41,800 and occupy the residential property as your personal residence. Where the assessed value of the residential property is at or below \$500,600.

For more information about the tax assistance programs available visit www.hamilton.ca/home-neighbourhood/property-taxes/property-tax-billing/tax-assistance-programs, call 905-546-2489, or email taxsupport@hamilton.ca

There are a number of Ontario Ministry of Finance programs that offer help to seniors including Forgivable Loans, Ontario Energy and Property Tax Credit, Property Tax Relief for low-income seniors and low-income persons with disabilities, and HST exemptions.

For more information call 1-866-668-8297





Energy Assistance

Low-Income Energy Assistance Program (LEAP):

The Low-Income Energy Assistance Program (LEAP) offers a number of measures, including financial assistance and energy conservation practices designed to help low-income Ontarians better manage their electricity and natural gas bills.

For more information and further eligibility requirements visit www.oeb.ca/consumer-information-and-protection/bill-assistance-programs/low-income-energy-assistance-program or call 1-877-632-2727.

Ontario Electricity Support Program (OESP)

The OESP reduces the cost of your household electricity by applying a monthly credit directly to your bill.

For more information visit www.ontarioelectricitysupport.ca, call 1-855-831-8151, or email help@ontarioelectricitysupport.ca

Housing Benefits



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Canada - Ontario Housing Benefit (COHB)

A direct, monthly benefits to eligible households to help pay their rent. Priority groups include persons experiencing homelessness, victims of abuse, and households whose housing allowance is ending.

Eligibility- must be on or eligible to be on the Access to Housing Waitlist for social housing. For more information contact: Access to Housing- ath@hamilton.ca

Emergency Repair Program (ERP)

Program open to Ontario Works and Ontario Disability Support Program homeowners to fund serious and urgent repairs that would jeopardize the condition of the home to the point that it would adversely affect the household's health and safety.

Phone: 905-546-2424, ext. 2758 or email affordablehousing@hamilton.ca



Housing Benefits



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Housing Emergency Fund

The Housing Emergency Fund supports individuals and families living with low income or in receipt of social assistance to prevent homelessness or establish a new residence. Financial support can be issued to address rent arrears, utility arrears, or last month's rent deposits. There is a maximum available amount within a 24-month period that can be issued, which is based on family size.

For more information, visit: <https://www.hamilton.ca/people-programs/housing-shelter/housing-supports/housing-emergency-fund>

Tenant Support Program

The City of Hamilton created the Tenant Support Program to provide information and resources to tenants with low and moderate low income. This program is supported by the Housing Help Centre, Hamilton Community Legal Clinic and ACORN Hamilton. Tenants facing evictions for renovations, demolitions, or displacement may be eligible for support through the Landlord Tenant Board process. This program is also focused on raising awareness about the rights and responsibilities of tenants and landlords.

For more information, visit: <https://housinghelpcentre.ca/tenant-support.html>



Housing Benefits



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Homecare Services

Provides seniors with healthcare and personal support at home, whether it is assistance after a hospital stay, an illness or injury, or more complex or chronic health conditions. Services may include care coordination, nursing, physiotherapy, occupational therapy, nutritional counselling, speech therapy, social work, personal support, and medical supplies.

Phone: 905-523-8600 or 905-310-2222 (EN), 905-310-2272 (FR)

Website: www.healthcareathome.ca

Home Library Service – Hamilton Public Library

For Hamilton residents who are homebound or institutionalized for three months or more due to age, frailty, or caregiver responsibilities.

Phone: 905-546-3200, ext. 3222

Email: hls@hpl.ca

Website: <https://www.hpl.ca/>

Volunteer Fire Inspections for Homeowners

Eligible homeowners can submit a request to the Hamilton Fire Department to visit their home to conduct a free inspection for potential fire hazards, including how to keep your home safe and the importance of carbon monoxide and smoke alarms.

To schedule a visit, contact Fire Prevention at 905-546-2489 or fire.prevention@hamilton.ca

For Tenants: Call Fire Prevention at 905-546-2424, ext. 1380.



Rental Housing Choices

101 Locke Street, Hamilton

Rental accommodation can be found in individual houses, townhouses, or apartment buildings. These may be owned privately (for-profit) or by non-profit organizations. Some condominium owners also rent out their condominium units.

When you are looking for a rental unit, the cost will depend on what type of rent is assigned to the unit. There are multiple types of rent offered. They vary from the least expensive which is Subsidized Housing to the most expensive which is Market Rent.



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Subsidized Housing: Social Housing

500 Macnab Street, Hamilton

Subsidized housing means that the rent is subsidized by a government program. Subsidized housing is rent-gear-to-income (RGI) which is based on 30% of a household's gross monthly income or if the household is receiving assistance from Ontario Works or the Ontario Disability Support Program, a social assistance rent scale is applied. Typically, a specific number of units in social housing buildings are designated to be subsidized or RGI units, but there are also subsidies to live in private rental units. To access subsidized housing you must apply to Access to Housing and be placed on the wait list. Depending on your unit selections the wait could be months or even years.

To apply for subsidized housing contact Access to Housing (ATS) – Subsidized Housing. Operated by the City's Housing Division

Address: 350 King Street East, Suite 110, Hamilton.

Phone: 905-546-2424 ext. 3708

Email: ath@hamilton.ca

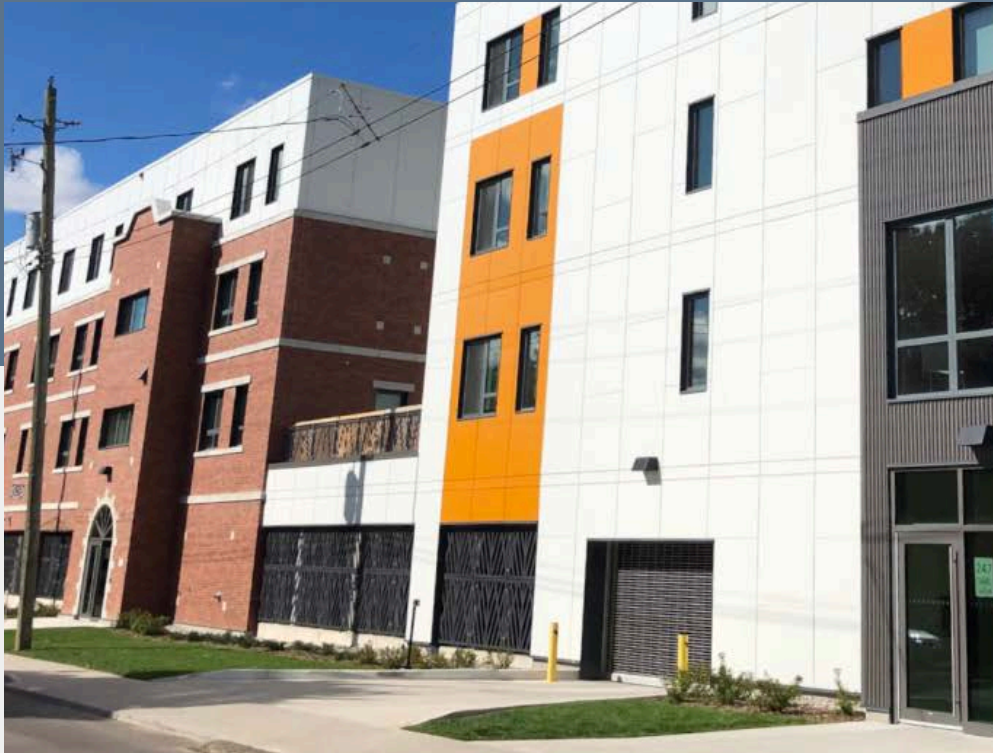
Website: <https://www.hamilton.ca/people-programs/housing-shelter/housing-services/social-housing>



Affordable Rent



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The Oaks – Heartwood Apartments, 247 East Ave N, Hamilton

Rent can be made affordable when private non-profit providers agree with the City to receive funding from the federal/provincial governments that enable them to charge a reduced rent (usually not more than 100% approximately 80% of the average market rent based on CMHC data). Such agreements are usually associated with City, Federal or Provincial capital funding that reduces the cost of affordable housing development.



Market Rent



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50 Murray Street West, Hamilton

Market rent is the full-price rent as found in private buildings, accessory apartments and some of the units in social housing buildings. It is rent that is not subsidized by the government. Rents are governed by the Residential Tenancies Act, of 2006.

If assistance is needed, it is best to contact the Hamilton

Housing Help Centre:

Address: 119 Main Street East, Hamilton.

Phone: 905-526-8100

Email: info@housinghelpcentre.ca

Website: www.housinghelpcentre.ca





Market Rent, Tips and Considerations

Rent Increases

Landlords often attempt to increase rent more than they are allowed to. Whenever a landlord is increasing rent, we advise that you ensure it is at or under the allowed amount. Some but not all rules may require include that rental can only be increased once every 12 months and the Landlord must give the tenant a 90-day written notice of intent to increase rent.

Evictions

There are many rules and regulations surrounding the eviction of you as a tenant. If your landlord is attempting to evict you ensure they are following the guidelines and that they are proceeding in the correct and ethical way.

A new bylaw, effective 2025 will prevent renovations where Landlords will have much stricter guidelines surrounding the renovation and the following eviction of their tenants. The City of Hamilton offers a Tenant Defense Fund aimed at supporting tenants who are facing renovations.

See details here: <https://www.hamilton.ca/people-programs/housing-shelter/tenant-landlord-resources/tenant-defence-fund-pilot-program>





Market Rent, Tips and Considerations

Property Maintenance

Your Landlord is responsible for checking, installing, maintaining and if necessary replacing your smoke alarms and carbon monoxide detectors. In some circumstances, the Landlord is responsible for the maintenance of the property yard and even snow removal. Review your lease to see if these services will be covered and if they are in your lease ensure the landlord is meeting their obligations.

To understand whether your Landlord is following the rules and regulations or has breached the legal requirements reach out to:

Hamilton Housing Help Center at 905-526-8100 or visit www.housinghelpcentre.ca

Hamilton Community Legal Clinic at 905-527-4572 or visit www.hamiltonjustice.ca/en/services/housing-rights/

You can access the **Residential Tenancies Act** by downloading or printing the act at the following link: www.ontario.ca/laws/statute/O6r17





Co-Operative Housing

Applegrove Co-Operative Housing, 38-1380 Upper Ottawa Street, Hamilton.

Co-operative housing is a type of not-for-profit rental housing controlled by its members. Some co-operative households pay a reduced monthly rent (housing charge) geared to their income. Other households pay the full monthly charge based on operating costs. The members do not own equity in their housing. If they move, their home is returned to the co-operative.

For a list of co-ops in the Hamilton area, contact The Golden Horseshoe Cooperative Housing Federation:

Phone: 905-561-2667

Website: www.ghchf.ca

For rent-geared-to-income co-op housing units, you must apply through Access to Housing (see details under 'Subsidized Housing'). For information on co-op housing in other parts of Canada www.chfcanada.coop

Rental Housing Considerations



Being a Tenant

What does this mean? Once you have rented a place to live, you become a tenant. You have rights and responsibilities and so does your landlord. The rules about your relationship with your landlord are usually covered in the Residential Tenancies Act (RTA). The landlord must give tenants written information about their rights and responsibilities. If you rent a unit, ask for this information.

If you are unsure about your rights or have any questions, contact the Hamilton Housing Help Centre at 905-526-8100

Signing a Lease

When you rent a place to live you make a legal agreement with the landlord. The agreement is usually a written contract commonly called a lease, which you and the landlord sign. Before you sign a lease, make sure you understand everything it says. Bring someone along to help you if you are unsure or contact the Hamilton Community Legal Clinic. You must be given a copy of the lease, and the landlord must also provide you with their contact information including their name and address. Ask the landlord for their phone number. The lease states that you have agreed to rent a particular place and to pay a specific amount of rent on a certain day of the month. The lease should also state what utilities and services are included in the rent and what you will pay for in addition to the rent. It should also list the appliances included in the unit.

Considerations For All Rental Housing Choices

- Market value rent varies.
- Rent-gear-to-income is based on income.
- Most leases require a 12-month rental agreement and then typically continue on a month-to-month basis
- Community support services are available if you are eligible.
- Governed by the Residential Tenancies Act (2006).

www.ontario.ca/laws/statute/O6r17

Housing with Supports



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Housing with supports are options that provide older adults with housing options that incorporate supports and assistance that they may need.



Assisted Living



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Abington Court, 1500 Main Street East, Hamilton

Assisted living also called supportive living is a retirement residential housing option for older adults that allows them to live independently while having support with tasks such as meals, housekeeping, grooming etc.

More information can be found at
<https://www.assistedliving.com/Ontario/hamilton/> or call 1-866-567-2055



Long-Term Care

Wentworth Lodge, 41 South St. West, Dundas

Long-term care homes are funded and regulated by the provincial government for those who are no longer able to live independently in the community, or who are being discharged from the hospital and unable to cope at home any longer. There is a fee for the accommodation, which is set by the government and is based on the type of accommodation chosen. These homes can operate either on a not-for-profit or for-profit basis. Residents are usually seniors who require a heavy degree of physical care, or they are dealing with Alzheimer disease or other forms of dementia that require constant care. The objectives of long-term care are to promote independence for as long as possible, and to ensure the best possible quality of life for each individual resident.

Personal support workers assist residents with their daily care and living needs. There are registered nurses (RNs) and registered practical nurses (RPNs) who provide health care, promote wellness, assess for illness, provide treatments, and administer prescribed medicines. Each home has arrangements with physicians who function as medical directors and attending physicians to work with the residents. There are also people who provide social and recreational programs, physiotherapy, housekeeping, and laundry services. There are dining rooms where residents gather for three meals a day, and the dietary department always includes the services of a dietitian, ensuring good quality and appropriate food for specific resident needs. There are common areas for entertainment, activities, and religious services.

Long-Term Care Facilities

Macassa Lodge, 701 Upper Sherman Avenue, Hamilton

Applying to Long-term care Home:

All applications to long-term care homes are coordinated by your local Home and Community Care Support Services (HCCSS). Once your HCCSS has determined that you are eligible, your next step is to choose the homes you wish to apply to. Refer to page 38 of the guide for contact information.

There are several long-term care homes in Hamilton. The City of Hamilton owns two of these homes, Wentworth Lodge and Macassa Lodge.

Wentworth Lodge:

Address: 41 South St. West (entry off of Lynden Avenue),

Dundas, Ontario, L9H 4C4

Phone: 905-546-2618

Email wentworthlodge@hamilton.ca

Macassa Lodge:

701 Upper Sherman Avenue, Hamilton, Ontario, L8V 3M7

Phone: 905-546-2800

Email macassalodge@hamilton.ca

Naturally Occurring Retirement Communities



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A naturally occurring retirement community (NORC) is a community that was not initially built for older adults but a significant number of these adults have moved into them or stayed over time. Due to the high number of older adults in these communities, the NORCs typically provide a variety of services and activities to help older adults thrive.



Home and Community Care Support Services

Home and Community Care Support Service (HCCSS) coordinates in-home and community-based care for the health and well-being of patients throughout Ontario. The HCCSS also provides access and referrals to community services and manages Ontario's long-term care home placement.

For more information, contact HCCSS
Hamilton, Niagara, Haldimand, Brant:
Address: 211 Pritchard Road, Unit 1,
Hamilton, ON, L8J 0G5
Phone: 905-310-2222 (EN) and 905-310-
2272 (FR)
Email: HCCSSInfo@hccontario.ca
Website: <https://healthcareathome.ca/>



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Tips to Keep Your Home Safe



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This section offers valuable advice tailored to seniors, providing practical insights and recommendations to create a secure living environment that prioritizes their well-being and minimizes potential hazards.

Floors and Hallways

Questions to Ask

- Are the floors even and free of tripping hazards?
- Are there any loose rugs or carpets?
- Is furniture arranged to allow for easy navigation?

Tips

- Secure carpets and rugs with non-slip backing.
- Use non-skid wax on floors.
- Ensure clear pathways by decluttering.
- Install handrails along hallways for added support.

Stairs and Steps

Questions to Ask

- Are stairs well-lit and free of obstacles?
- Is there a handrail on both sides of the staircase?

Tips

- Install handrails on both sides of the stairs.
- Use contrasting tape on the edges of steps for visibility.
- Consider adding a non-slip surface to the stairs.
- Ensure that the top and bottom steps are clearly marked.



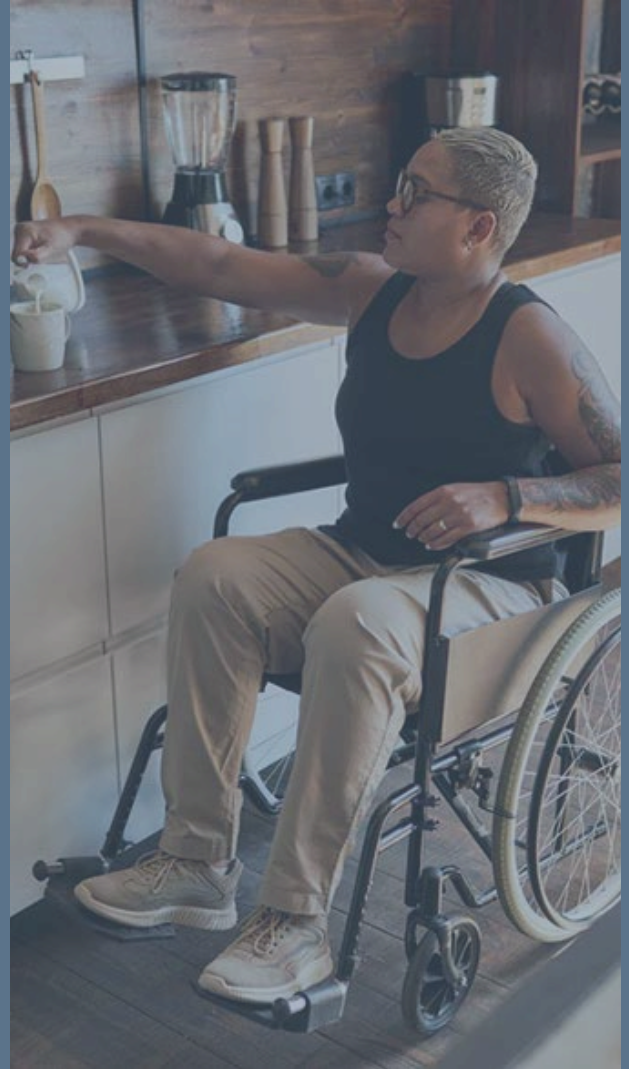
Kitchen

Questions to Ask

- Are items in the kitchen easily reachable?
- Is the kitchen well-lit for safe cooking?

Tips

- Store frequently used items at waist level.
- Use easy-to-grasp handles on cabinets and drawers.
- Install under-cabinet lighting for better visibility.
- Avoid using floor mats in front of the sink or stove.



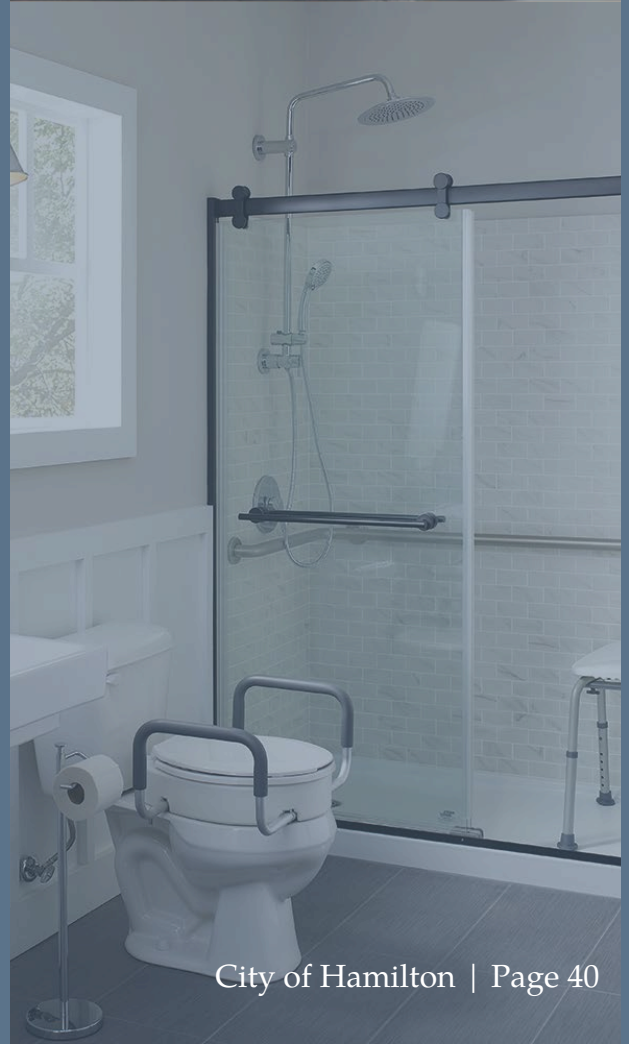
Bathroom

Questions to Ask

- Is there a non-slip surface in the shower or bathtub?
- Are there grab bars near the toilet and in the shower?

Tips

- Install grab bars near the toilet and in the shower.
- Use non-slip mats inside the tub or shower.
- Consider a raised toilet seat for easier use.
- Ensure ample lighting in the bathroom.





Living Room and Bedroom

Questions to Ask

- Are there clear pathways in these areas?
- Is furniture arranged to allow for easy movement?

Tips

- Keep pathways clear of furniture and clutter.
- Arrange furniture to create open spaces.
- Use night lights or bedside lamps in the bedroom.
- Ensure comfortable seating with proper support.

Outside Your Home

Questions to Ask

- Are outdoor pathways well-maintained and free of obstacles?
- Is the entrance well-lit and easily accessible?

Tips

- Keep outdoor pathways clear of debris.
- Install outdoor lighting along walkways.
- Ensure a smooth and even entrance pathway.
- Consider a sturdy handrail for any exterior steps.



Lighting

Questions to Ask

- Is the lighting sufficient in all areas, especially hallways and stairwells?
- Are light switches easily accessible from different parts of the house?

Tips

- Install bright, energy-efficient lighting.
- Use night lights in hallways and bathrooms.
- Consider motion-activated lights for key areas.
- Ensure easy access to light switches in each room.



Fire Prevention

Questions to Ask

- Are smoke detectors installed and functional?
- Is there an accessible fire extinguisher in the kitchen?

Tips

- Install smoke detectors in key areas, including bedrooms.
- Test smoke detectors regularly and replace batteries.
- Keep a fire extinguisher in the kitchen and know how to use it.
- Have an emergency escape plan and practice it.
- If you have questions regarding fire safety in your home call:
 - Hamilton Emergency Services Fire Prevention: 905-546-3333
 - 911 for Emergencies





HAND RAIL
EFFECTIVE POWER GRIP



HAND RAIL
INEFFECTIVE PINCH GRIP

Handrails

Questions to Ask

- Are handrails present in key areas like hallways and stairs?
- Are the handrails securely mounted?
- Are the handrails easy to grasp? You should be able to wrap your fingers and thumb almost completely around the handrail (see diagram to the left).

Tips

- Install handrails in hallways and on both sides of stairs.
- Ensure handrails are sturdy and well-maintained.
- Extend handrails beyond the top and bottom stairs.
- Consider additional grab bars in bathrooms and near beds.

Outside Your Home

Questions to Ask

- Is the home equipped with secure locks on doors and windows?
- Are there additional security measures, such as a peephole or security system?

Tips

- Install deadbolt locks on exterior doors.
- Consider a peephole to verify visitors before opening the door.
- If feasible, install a home security system.
- Inform trusted neighbours or family members of travel plans for added security.



Agencies to Help with Housing Decisions: Advocacy



Hamilton Seniors
Advisory Committee

Advocacy Centre for the Elderly (ACE)

Phone: 416-598-2656
Website:
www.advocacycentreelderly.ca

Canadian Association for Fifty Plus (CARP)

Phone: 289-369-7228
Website: www.carp.ca

Advocacy for Tenants of Ontario

Phone: 1-866-245-4182
Website: www.acto.ca

City of Hamilton Municipal Law Enforcement

Phone: 905-546-2782
Website:
www.hamilton.ca/city-council/by-laws-enforcement

Hamilton Community Legal Clinic

Phone: 905-527-4572
Website:
www.hamiltonjustice.ca

Canada Mortgage and Housing Corporation (CMHC)

Phone: 1-800-668-2642
Website: www.cmhc-schl.gc.ca

Community Legal Education Ontario (CLEO)

Phone: 416-408-4420
Website: www.cleo.on.ca



Agencies to Help with Housing Decisions: Advocacy



Hamilton Seniors
Advisory Committee

Hamilton Council on Aging (HCoA), St. Peter's Hospital

Phone: 905-777-3837 ext. 12238
Website: www.coahamilton.ca

Hamilton Police Service (Senior Support)

Phone: 905-546-4925

Ministry of Municipal Affairs and Housing

Phone: 416-585-7041
Website:
www.ontario.ca/page/ministry-municipal-affairs-housing

Ombudsman Ontario

Phone: 1-800-1830
Website:
www.ombudsman.on.ca

Ontario Human Rights Commission

Phone: 1-800-9080
Website: www.ohrc.on.ca

Ontario Society of Senior Citizens' Organizations

Phone: 416-785-8570
Website: www.ossco.org

Landlord and Tenant Board

Phone: 1-888-332-3234
Website:
www.tribunalsontario.ca

Retirement Homes Regulatory Authority

Phone: 1-855-273-7472
Website: www.rhra.ca

United Senior Citizens of Ontario

Phone: 416-252-2021
Website: www.uscont.ca

Agencies to Help with Housing Decisions: Housing



Hamilton Seniors
Advisory Committee

Access to Housing (Social Housing)

Phone: 905-546-2424
Website: www.hamilton.ca/people-programs/housing-shelter/housing-services/social-housing

Realtors Association of Hamilton – Burlington

Phone: 905-529-8101
Website: www.rahb.ca

Canadian Cohousing Network

Website: www.cohousing.ca

Good Shepherd Non-Profit Homes Hamilton

Phone: 905-525-5188
Website:
www.goodsheperdcentres.ca

St. Matthew's House

Phone: 905-523-5546
Website:
www.stmatthewshouse.ca

Ministry of Municipal Affairs and Housing

Phone: 416-585-7041
Website:
www.ontario.ca/page/ministry-municipal-affairs-housing

Hamilton Housing Help Centre

Phone: 905-526-8100
Website:
<https://www.hamilton.ca/people-programs/housing-shelter/preventing-ending-homelessness/emergency-shelters-drop-ins>



Agencies to Help with Housing Decisions: Support and Information



Hamilton Seniors
Advisory Committee

Alzheimer Society

Phone: 905-529-7030
Website: www.alzda.ca

Hamilton ACORN

Phone: 905-393-5734
Email: hamilton@acorncanada.org
Website:
<https://acorncanada.org/locations/hamilton-acorn/>

Neighbour 2 Neighbour

Phone: 905-574-1334 ext. 200
Website: www.n2ncentre.com

Seniors at Risk in Hamilton (SaRiH)

Phone: 289-919-3450
Website:
www.goodsheperdcentres.ca/services/seniors-at-risk-in-hamilton/

Red Book

Email: redbook@hpl.ca
Website: <https://redbook.hpl.ca>

211 Ontario

Phone: Dial 211
Website: www.211ontario.ca



Agencies to Help with Housing Decisions: Assisted Living



Hamilton Seniors
Advisory Committee

Helping Hands Street Mission

Phone: 905-522-4263
Website:
www.hhsmhamilton.com

March of Dimes Canada

Phone: 905-527-6653
Website:
www.marchofdimes.ca

St. Joseph's Home Care

Phone: 905-522-6887
Website:
www.stjosephshomecare.ca

St. Matthew's House

Phone: 905-523-5546
Website:
www.stmatthewshouse.ca

Stoney Creek Seniors Outreach

Phone: 906-643-1919
Website: www.seniorsoutreach.net

VON Community Support Services

Phone: 905-529-0700
Website: www.von.ca/en

Residential Care Facilities

Contact the City of Hamilton Housing Services Division at 905-546-2225 or the Housing Help Centre at 905-526-8100 for information on Residential Care Facilities (sometimes referred to as Domiciliary Hostels). To find out more about your local Residential Care Facilities and access contact information for each facility please visit <https://housingconnect.net/wp-content/uploads/2020/06/Residential-Care.pdf>

Additional Resources



Hamilton Seniors
Advisory Committee

Guide to Programs and Services for Seniors in Ontario

Website:
<https://www.ontario.ca/document/guide-programs-and-services-seniors>

Care Homes

Website:
<https://www.cleo.on.ca/wp-content/uploads/carehome.pdf>

Finding Rental Housing in Hamilton

Website:
https://www.housinghelpcentre.ca/Newcomer_Housing_Guide.pdf

Guide to Finding Housing in Hamilton

Website:
<https://www.ontario.ca/document/guide-programs-and-services-seniors>

Seniors Safety and Community Resources, Hamilton Police Services

Website:
<https://hamiltonpolice.on.ca/pr-evention/seniors-safety>

Community Resources in Hamilton for Older Adults, Hamilton Public Library

Website:
<https://seniorshamilton.ca/>

Resource Library for Older Adult Resources, United Way Halton and Hamilton

Website:
<https://www.uwhh.ca/senior-resources/>

Senior and Older Adult Resources, City of Hamilton

Website:
<https://www.hamilton.ca/people-programs/adults-55-services/senior-and-older-adult-resources>



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- The Hamilton CityLab Project





Hamilton Seniors Advisory
Committee

www.hamilton.ca/seniors

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