



## Ontario's Senior Citizens are Entitled to a Basket of Community Support Services

Ontario's population of senior citizens is growing, and health services – hospital beds, emergency rooms, long-term care, and rehabilitation – are feeling the strain. In-home care and community support services are equally strained. These are the services that can allow a senior to remain at home and in the community, which is what most seniors say they prefer.

Ontario has a wide variety of community services, ranging from intensive in-home medical care to assistance with housekeeping and home maintenance. The provincial government partially funds these community support services, and a variety of agencies deliver them.

Not all seniors in Ontario, however, have access to the same services. Too often, location in the province rather than individual need dictates what a senior can receive.

Care Watch advocates for high quality, affordable, and equitable home and community care for Ontario's elderly. We believe that **every senior in every community in Ontario is entitled to a comprehensive array – or basket – of supportive home services.** This basket should include:



### Personal care

Assistance with bathing and other day-to-day activities



### Homemaking

Assistance with shopping, laundry, cleaning, maintenance, snow removal



### Meal services

Nutritious and affordable food (meal preparation and delivery, communal meals)



### Care coordination

Assessing needs, creating and updating care plans, monitoring services, communicating with client, family, and providers



### Transportation

Transportation to health appointments and social and recreational activities



### Adult day services

Dementia daycare, day programs for frail/socially isolated elderly



### Caregiver support

Education, information, respite care in homes and in the community

**We strongly advocate that a basket of services be established as a standard in legislation and then required across the province.** Not every senior will receive every service. Individual need will guide what each senior receives, but every service in the basket will be available. These services can:

- help seniors maintain their abilities and remain independent
- prevent or forestall the need for institutional care
- reduce pressures on hospitals and other elements of the health care system

Together, community support services work to provide the care, safety, and security that frail and even less frail seniors need. Seniors who don't have the supports they need can end up in emergency rooms, hospitals, and long-term care homes – or worse.

When all seniors have access to a comprehensive range of supportive home care services, everyone benefits. Ontario's seniors have a safe, supported, and protected environment, and our already stressed health care system can make the best and most efficient use of its specialized resources.

• *Not-for-Profit.* • *Volunteer-Run.* • *Senior-Led.*

Care Watch Ontario

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