

A Resident's Perspective



“I like just about everything about living here,” says Mrs. Norma Hodgkins, who has lived in a Supportive Housing Residence since 2003. “There are a lot of activities people can choose to join.”

“The resident companions help with medications and meals. They offer many other services to the residents. For the people who need care, it's there.”

Contacts to access Supportive Housing:

- Home Care Case Coordinator
- WRHA Home Care intake line - 788-8330
- Outside Winnipeg - the relevant Regional Health Authority
- Any Supportive Housing Residence

Our Members

There are currently twelve Supportive Housing Residences in Manitoba who are members of LTCAM. They are:

- ArlingtonHaus
- Chez Nous
- Fred Douglas Heritage House
- Harmony Court
- Irene Baron Eden Centre
- Lions Manor
- Niverville Credit Union Manor
- Résidence Despins
- Riverside Lions Seniors Residence
- Rosewood
- The Ironwood
- Windsor Park Place

For more information on these residences and their unique qualities, please call us or visit our website.



The Supportive Housing Network of Manitoba

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An Innovative Housing Option

Supportive Housing in Manitoba



*Independence
and practical services in the
right balance*



Long Term & Continuing Care
Association of Manitoba

Welcome to Supportive Housing

Supportive Housing is the right choice for seniors who want the freedom and privacy of living in suites, combined with innovative support and care options.

Resident Companions, who know and support residents and their families, are on-site 24 hours a day, like neighbors you can count on.

Supportive Housing is a good option for people who need some assistance managing with physical limitations or ongoing health conditions such as dementia.

Supportive Housing staff work with the senior and the family to ensure the service plan is 'just right' for each individual.

Supportive Housing providers set high standards for comfort, independence, safety and peace of mind.

The senior and the family can count on Supportive Housing providers to meet their needs with integrity, understanding and respect.

Services

In all Supportive Housing residences, appetizing meals are provided and served in a shared dining area.

Laundry, housekeeping, social and recreational activities, as well as scheduled bus trips, are available at most residences.

Support with bathing and dressing, medication reminders and access to 24-hour on-site supervision are provided.

Supportive Housing fosters safety, stability and security for seniors in a residence they are proud to call home.



Appetizing meals are served.

Costs

Costs for Supportive Housing vary depending on the residence of choice. Individuals pay the sponsor (landlord) directly for the rent and service package. Income-based subsidies are available.

Cost Comparisons

Supportive Housing is an expense that is comparable, on average, with living in a house, condo or life lease concept.

Supportive Housing Monthly Costs:

Rent and Services:	\$1,000 - \$2,000
Food:	included
Household Expenses: except phone, insurance	included \$50

Total Monthly Cost: \$1,050 - \$2,050

Homeowner / Tenancy Monthly Costs:

Rent/ mortgage/ clear title*:	\$740
Food:	\$528
Household Expenses: (includes utilities, maintenance, taxes, etc)	\$1,172

Total Monthly Cost: \$2,440

*If you have clear title to your home, the sale of your home would provide you with a substantial amount of money to invest and earn income, which in turn could assist you with your living expenses.

Sources: Canada Mortgage and Housing Corporation; Statistics Canada; Consumer's Association of Canada, *February 2009*