

# Supporting You to Live at Home

## The Integrated Assisted Living Programs for Seniors

### Supporting your independence

The Integrated Assisted Living Program for seniors will help you live independently at home with the support you need.

- A care coordinator can connect you to the help you need for personal care and everyday tasks.
- If you are returning home following a hospital stay, a care coordinator can also help you get the personal care and community support you need.
- There is no cost to you for the personal support services that are arranged through Ontario Health atHome.



### Your Care at Home

#### Personal Care

We can connect you to round-the-clock help for:

- Bathing and dressing
- Help with toileting, incontinence care
- Medication reminders
- Assistance with falls
- Help with meals
- Wellness checks

#### Recreation and Activity

We will connect you with recreation and fitness programs suitable for older adults. This will help you stay active and connected to the community.

### Personal Response System

We can help you to feel safer in your home. At the touch of a button, the personal response system gives you access to help 24 hours a day, seven days a week.

### Contact Information

If you have any questions regarding this service, please contact: **310-2222** • [ontariohealthathome.ca](https://ontariohealthathome.ca)

**The Integrated Assisted Living Program assists eligible seniors in the following neighbourhoods:**

**Cambridge**

Lang’s Drive / Eagle Street

**Guelph**

Village by the Arboretum

Waterloo Avenue

Woodlawn Road

Woolwich Street

**Kitchener**

Franklin Street

Margaret Avenue / Queen Street

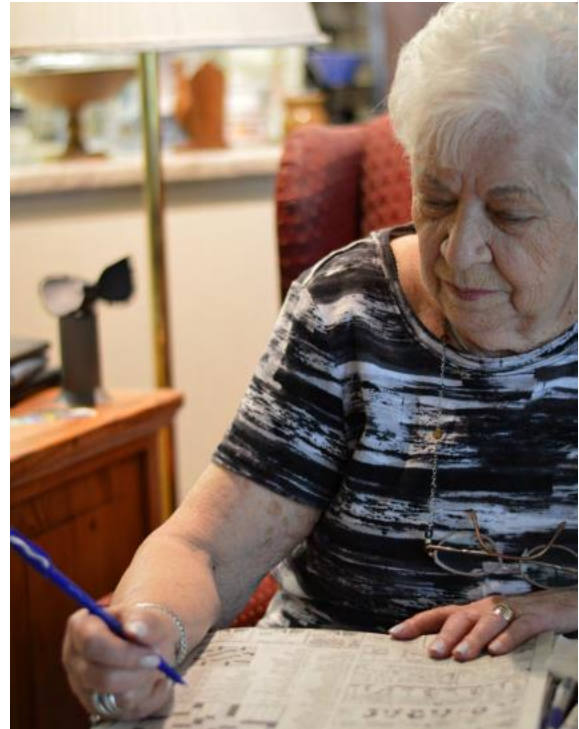
Wilson Avenue / Fourth Avenue

**Eastern Township of Southgate**

**Waterloo**

Allen Street / William Street

**Wellington County North**



**Notes:**

---

---

---

---

---