

DIRECTORY USERS' GUIDE

The comprehensive *2006 Directory of Housing and Residences for Seniors in Ottawa*, 4th edition, provides detailed summaries of current options available to seniors seeking accommodation in the City of Ottawa. One initial consideration may be simply to stay at home, a preferred choice for many older adults. Several programs are available to assist seniors with home modifications and provide personal care service to those wishing to remain at home. Further information can be found in Appendix A – '*Housing Assistance to Stay at Home.*'

For those seeking a seniors' living environment, Ottawa's seniors' housing can be broadly grouped into three categories: ***independent living, retirement residences, and long-term care homes.*** Independent living units are generally self-contained apartments or suites offering few or no personal support services. Retirement residences generally offer mid-range service such as housekeeping, meals, social activities, and minimum personal care service. Long-term care homes provide the highest level of personal care service including on-site nursing and medical care. The following is a suggested sequence for how to use the Directory:

Step 1. To begin the housing search, a useful starting point is to determine the appropriate level of personal support service required to provide a safe, secure and stimulating living environment. A description of housing options and preferred levels of personal support is provided under "*Housing Options and Personal Support*" in the next section.

Step 2. When you have chosen the type of housing best suited to your needs, refer to the appropriate section in the Directory. Each of the three housing categories contains:

- **A map showing the location of each residence.**
- **A summary table listing the key features of each residence.**

The summary allows for quick comparisons across residences for items of interest such as: neighbourhood location, size, number of senior residents, level of support care service, and cost. Appendix B lists some of the residences serving seniors located outside Ottawa.

- **A detailed description of each housing listing.**

The detailed description of each housing listing identifies the address, telephone number, email and Web site address if available, the physical space and amenities, staffing and services, management and costs, community facilities, and contact persons for each site. Appendix C provides general transportation information and web links for current rates and routes.

Step 3. The information presented should provide a full picture of what is available. However, there is no substitute for visiting a location or two in person before making a final decision. You may wish to take a copy of The Council on Aging of Ottawa's user-friendly booklet: *"The Guide for Selecting a Retirement Residence"* or *"The Guide for Selecting a Long-Term Care Facility"* with you. Both provide suggestions for further questions to ask when visiting prospective sites, and include comparative checklists to help narrow the search. They may be obtained at nominal cost, directly from The Council on Aging of Ottawa office.

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