

Independent Living

Independent living means you live in your own home, apartment or condo and are able to take care of yourself on your own, or with the support of friends and family. If you need more help, you may choose to receive additional supports through the Saskatchewan Health Authority's Home Care program (services are based on assessed need; fees may apply) or through private agencies.

Social Housing

The Social Housing Program provides safe and adequate housing to individuals and families in need. This program is intended to serve households with low incomes; priority is given to seniors (55+), families with children or dependants, and individuals with disabilities. Some social housing units designated for seniors offer recreational activities (fees may apply). The rent for a housing unit is based on gross household income. To find out more about social housing, contact your local housing authority or call 1-800-667-7567.

Senior Housing Program

The Seniors Housing Program provides rental housing to individuals and couples who are 55 years of age or older. This program is available to seniors living in small communities in Saskatchewan that are ineligible for the Social Housing Program because of their incomes and assets. To find out more about this program, contact your local housing authority or call 1-800-667-7567.

Life Lease Program

The Life Lease Program provides individuals and couples who are 55 years of age or older flexibility and opportunities that are not available with homeownership. Occupants sign a guaranteed return deposit agreement and a monthly occupancy fee agreement to reside in an apartment-style unit. The Life Lease Program is ideal for seniors wanting: relief of homeownership responsibilities, downsize into a smaller home, few maintenance responsibilities, an affordable place to live, and simpler lifestyle. The Program has household asset and income limits that are slightly higher than the Social Housing Program and prioritization is based on need. To find out more about this program, contact your local housing authority or call 1-800-667-7567.

Assisted Living

Assisted living generally refers to the provision of housing and services that allow residents to age in place independently. Individuals are able to direct their own care, in separate, self-contained units and are cognitively able to make informed, voluntary decisions regarding their care needs and living arrangements. Assisted living facilities generally offer basic security and safety, meals, social activities and housekeeping. If required, additional care supports may be provided through the Saskatchewan Health Authority's Home Care program or private agencies (fees may apply).

In Saskatchewan, these types of facilities are privately owned and operated, and the Ministry of Health does not license or monitor these facilities.

Personal Care Homes

Personal care homes provide lodging, meals, and assistance with, or supervision of, the activities of daily living. Some personal care homes are able to provide supports to those with greater care needs, including mobility support or memory care. The number of residents (or beds) in a facility vary greatly, from one or two to more than a hundred.

In Saskatchewan, personal care homes are privately owned and operated businesses which are licensed under *The Personal Care Homes Act*. The Ministry of Health is responsible for licensing and monitoring personal care homes to ensure that the residents who live in these homes receive safe and appropriate care in a safe and appropriate environment. Personal care homes are regularly inspected by a team of personal care home consultants who work at the Ministry of Health.

As a private business, personal care homes set their own fees. A Personal Care Home Benefit is available to eligible low-income seniors living in a licensed personal care home. For more information on Personal Care Homes, please call the Community Care Branch at the Ministry of Health at 306-787-7239

Special-care Homes

Special-care homes (also called nursing homes or Long-term Care facilities) provide care when your needs can no longer be met in the community. Special-care homes are run by the Saskatchewan Health Authority or operated by a provider that has a contract with the health authority. All special-care homes and other designated facilities that provide this type of care must operate in accordance with the standards set out in the *Program Guidelines for Special-care Homes*.

There are a variety of care options available, and an assessment done through the Saskatchewan Health Authority can assist you in making the best care decisions. Residents of special care homes pay a fee (a resident charge) based on their personal income. For more information about Special-care Homes, contact the Saskatchewan Health Authority, or call the Community Care Branch at the Ministry of Health at 306-787-4587.

	Independent Living	Social Housing	Assisted Living Supportive Living Retirement Home	Personal Care Homes	Nursing Home Long-term Care Special-care Home
Cost		Rent is based on income.	Operators set their own fees.	Operators set their own fees. The Personal Care Homes Benefit is available to assist low-income individuals.	Resident fee is based on income.
Recreational and/or social activities	Day programs may be available through the Saskatchewan Health Authority. Fees may apply.	Available in select social housing projects. Fees may apply.	Usually	Yes	Yes
Meals provided	No*	Up to one meal provided in select social housing projects. May also be available through the Saskatchewan Health Authority's Home Care program. Fees may apply.	Usually	Yes	Yes
Assistance with, or supervision of, personal care, such as eating, bathing and dressing.	No*	No*	No*	Yes	Yes
Incontinence support	No*	No*	No*	Yes	Yes
Medication management	No*	No*	No*	Yes	Yes
Housekeeping	No*	No*	Usually	Yes	Yes
Memory care/ dementia services		No	In select facilities.	In select facilities.	Yes
Nursing services provided	No*	No*	No*	Facilities with 31 or more beds are required to have licensed health care professionals on staff; facilities with less beds may have licensed staff available as well. Nursing services may also be available through the Saskatchewan Health Authority's Home Care program.	Yes
Mobility support (lifting/transferring)	No*	No	No	In select facilities.	Yes
Wheelchair accessible		Some units	Some units	Some facilities.	Yes
Licensing requirements		Tenant relations fall under the <i>Residential Tenancies Act</i> .	Tenant relations fall under the <i>Residential Tenancies Act</i> .	Yes, through the Ministry of Health.	Operated directly by, or under contract with, the Saskatchewan Health Authority.
Personal laundry services	No*	Laundry facilities available on site.	Usually have laundry facilities on site, as well as options to have laundry services provided.	Laundry facilities available on site.	Yes

* May be available through the Saskatchewan Health Authorities' Home Care program or private agencies. Fees may apply.