

A guide for

AGING WELL *in Regina*

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Housing Supports and Options



Resource updated: Spring 2023

A guide for

AGING WELL *in Regina*

is produced by Age-Friendly Regina

agefriendlysk.ca/af-regina-community-page

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Please note: Information including programs and services, addresses, links, and email addresses may become out of date. The information provided is not exhaustive.





Housing Supports and Options



Are you struggling to be able to get around or take care of yourself in your current home?

Do you find the upkeep of your home to be too much for you now?

Has there been a change in your life that means you may have to look at different housing options?

This section of the Guide for Aging Well in Regina provides information about in-home supports and housing options that are available for older adults.

Relationships, financial situations, and/or abilities can change as we grow older. The size of your home, upkeep and maintenance, cost, and accessibility are common reasons people consider moving. A combination of assistance with daily activities and/or different housing options can support people to live independently for longer.

Sometimes the amount of care and support people need is more than what is available; in that case personal care homes or long-term care homes may be an option.

If you or someone you know is looking for information about...

...start in this section

In-home supports and services available to help people get the care and support they need while remaining in their homes.



In-Home Community Supports

Pages 1 - 6

Some of the different rental housing options in Regina, both with and without extra supports and services (e.g. cleaning, meals, personal care).



Housing Options

Pages 7 - 21

You can click on the page numbers above to be taken directly to that section

This guide is part of the Aging Well in Regina series that also includes sections on: **Transportation Options, Mental Health and Wellbeing, and Crime Prevention & Safety.**

To access the guide online and for information about Age-Friendly Regina & Age-Friendly Saskatchewan visit: agefriendlysk.ca

If you don't have access to a computer or need help finding the information, please visit your nearest Regina Public Library for support.



Housing Supports and Options

In-Home Community Supports

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You can click on anything underlined in this list to be taken directly to that section

You will find these symbols throughout:  - Services that are free
 - Services that are low cost.



Age-Friendly Regina wishes to acknowledge that we live, work, and play on Treaty 4 Territory. These are the traditional lands of the Cree, Saulteaux, Dakota, Nakota, Lakota, and the homeland of the Metis Nation.



Whether you access the in-home supports available through the Saskatchewan Health Authority (SHA) or contract a private company or individual, the goal of the supports is the same:

To help you stay in your own home as long as possible, safely.

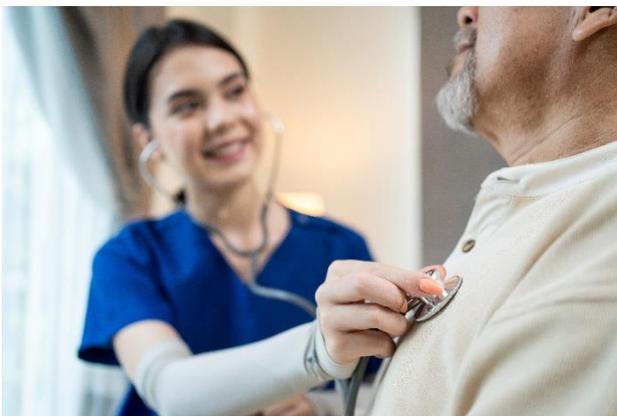
A wide variety of supports are available. If you go through the SHA, the supports you can access are determined by an assessment that is completed with you.

If you contract a private company or individual they may also do an assessment, but you can usually choose exactly what you would like help with based on what they are able to offer and you are able to purchase.

Note: The services listed below are available to anyone who owns their own home or rents any type of individual suite.

Intermediate Care Services (formerly Senior's House Calls)

 306-766-6280 – choose Option 1



Intermediate Care Services (ICS) is available for individuals who are at home but have difficulty getting to medical appointments and:

- Are experiencing an acute health event that is not an emergency (an acute health event is something that develops quickly and lasts a relatively short time like days or weeks),
- Need help managing a chronic condition, and/or
- Require a medical assessment and treatment.

The team includes Nurse Practitioners, Registered Nurses, Advanced Care Paramedics, Primary Care Paramedics, Social Workers, and Pharmacists. They can:

- Assess your health situation,
- Perform many tests including required, non-routine lab work (collect samples and take them to the lab), ECG, etc.
- Provide treatment including intravenous (IV) therapy like fluids or antibiotics,
- Follow up,
- Prescribe and review medications,
- Develop care plans with individuals, their caregivers, and medical health professionals.
- Be involved with discharge planning from the hospital and provide short term follow-up after discharge (wound management, IV antibiotics),
- Assist with Advanced Care Planning, ensuring your wishes for your future health care decisions are known, and
- Provide assistance in navigating the health system.



Note: You do not need to be receiving Home Care services to access ICS. You do not need a referral from your primary care provider. You can call yourself or for a friend or family member. If you are calling for someone else, be sure the individual is agreeable to receiving the services.

What to expect:

When you call, you will speak with someone who will take your basic information like your name, address, and health card number, as well as information about why you are calling. Someone from ICS will call you back, usually that same day. They will collect a bit more information from you and if it is needed, will schedule an appointment for the appropriate health care provider to see you in your home.

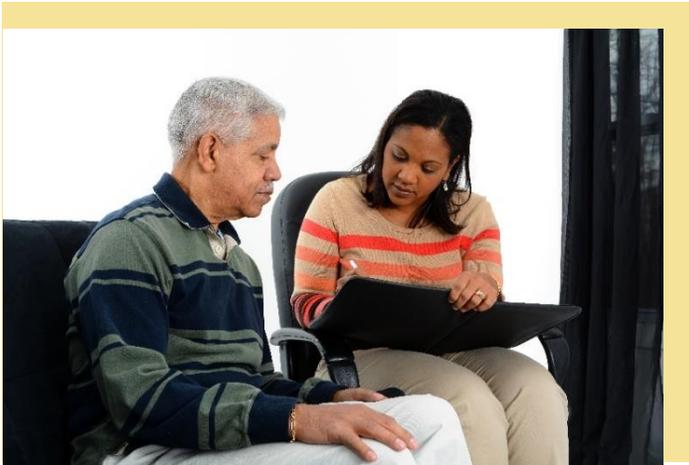
Appointments are generally either the same day you speak with someone from ICS or the next day.

Home Care Services – Saskatchewan Health Authority (SHA)



(306) 766-7200

How to access Home Care services and what to expect



If you have noticed that your health situation has changed and you think you would benefit from Home Care services, please call the number above. You will be asked a number of questions and if you meet the program criteria, an Assessor Coordinator will come out to meet you and complete an assessment. If you do not meet the program criteria, you may be referred to other services.

There is no referral needed. You can call for yourself or on behalf of a family member or friend; however, the individual must be agreeable to receiving the services.

If you are being discharged from hospital, there is usually a Social Worker/Assessor Coordinator involved who will help set up any assessments and temporary or long term supports you may need. If you or someone you know is:

- being discharged,
- will likely struggle at home without support, and
- hasn't been connected to a Social Worker/Assessor Coordinator,

*Ask your doctor or nurse to get a Social Worker/Assessor Coordinator involved in your planning **BEFORE** you are discharged.*



Services can be in place long-term or short-term. Your care needs will be assessed on a regular basis and the supports provided may also change (increase or decrease) based on changes in your health.

Supports available

Note: All services are provided on assessed need only.

The descriptions below of what each service includes are some examples only.

Support may include:

- **Nursing services** – medication management, wound care, and prevention of wounds.
- **Home services** – assistance with dressing, light grooming and bathing, light meal preparation.
- **Occupational therapist** – the therapist will assess your equipment needs and ensure your home is accessible and safe.
- **Physical therapist** – the therapist will assess, plan, and monitor your physical therapy programs.
- **Meals on Wheels** – Ready to eat hot meals delivered to you by a volunteer.
- **Tele-Friend through Volunteer Services** – a community volunteer calls to check on individuals.
- **Palliative Home Care** – for more information, please call ☎ (306) 766-2674.

Note: Sometimes Home Care services through the SHA cannot provide the amount or kind of care that is needed. In these cases, other options will be recommended.



Cost for Home Care services

There is no cost for services provided by a Nurse, Assessor coordinator, volunteer Tele-Friend, Physical Therapist, or Occupational Therapist.

Charges do apply for Continuing Care Assistants (CCAs) who assist with home services and/or Meals on Wheels. There is a set cost per hour for the first ten (10) hours of support you receive each month. After that, you are charged a rate that corresponds to your adjusted monthly income. You will be provided more information about fees and subsidies during your assessment. Please call ☎ (306) 766-7200 for up-to-date information on charges.

Fees for Home Care services are established by the Saskatchewan Department of Health and are reviewed annually.



Aboriginal Health Home Care Team – Saskatchewan Health Authority (SHA)



(306) 766-7200

A small team of professionals make up the Aboriginal Health Home Care Team (AHHCT). The services they offer are similar to the Home Care services listed above, with a few key differences and additions including:

- The small team means that individuals really get to know and get comfortable with staff,
- The hours are more restricted than the community Home Care Services,
- Individuals must live within the central areas of Regina - with some exceptions made on a case-by-case basis, and
- AHHCT also provides outreach services to help with the non-medical aspects of health that people may be struggling with including things like housing, transportation, food, assistance getting to appointments, and connecting to other services and supports.

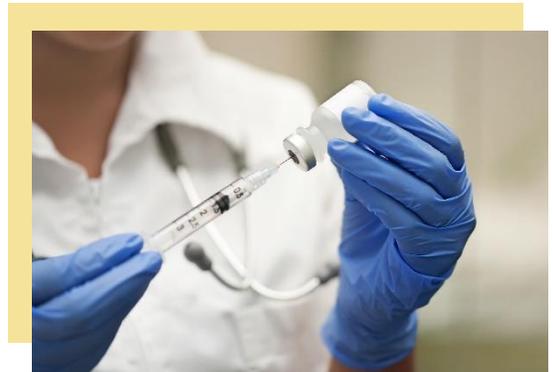
Home Care Treatment Centre – Saskatchewan Health Authority (SHA)



(306) 766-0380 **Address:** 1311 Broadway Ave. **Hours of operation:** 8:00 a.m. to 8:00 p.m.
Monday - Sunday

For those who are able to get places on their own **and** are referred by their physician, the Home Care Treatment Center gives the option of booking an appointment rather than waiting at home for a Home Care Nurse. Services include:

- wound dressing changes and assessments,
- suture and staple removal,
- catheter monitoring and changes,
- injection therapy and IV therapy - both administration and maintenance.



Private Home Care Services \$

There are many private agency and individual home care service providers in Regina, too numerous to list here. To find them, you can:

- Search using an online tool like Google® and type in: *Private home care services in Regina, Sk.*
- Call, text or search 2-1-1 Saskatchewan online.

If online, you can narrow your search by choosing:

Search Method → “Older Adults”

Topic → “Home support” or “Home Health Care”

Location → “Regina”

- Call the Saskatchewan Health Authority at (306) 766-7200 and ask for a list of some of the private home care providers

Note: The list provided by the Saskatchewan Health Authority (SHA) is not exhaustive. The SHA does not endorse any of the listed companies or individuals, it is simply a list of persons/agencies that have identified themselves as providing services.



Community Programs



Regina Senior Citizens' Centre – Home Help Program

☎ (306) 525-2154

website: reginaseniorcitizenscentre.ca/what-we-do/home-help/

Available services include: House cleaning, companionship, assistance getting to appointments, shopping, and other activities. Yard maintenance services are available (yard cleanup, wash outside windows, trim low tree branches, clean eavestrough). There is a charge for these services. Call or visit the website for pricing.

Note: Lawn care and snow removal are popular and often have lengthy waitlists.

Snow Angels



The City of Regina provides a grant for community associations to run volunteer residential snow removal services called “Snow Angels”.

These snow removal services are for individuals who experience barriers to shoveling snow from their property and would not otherwise be able to access these services.

To find out if your community association is offering the Snow Angels service you can:

- Find a list of participating community associations at: regina.ca/about-regina/grants-scholarships/community-investment-grants/snow-angels-community-grant,

Contact your community association directly to see if a program is being offered. Find your community association and their contact information here: regina.ca/parks-recreation-culture/community/associations-boards, or

- Call the City of Regina at ☎ (306) 777-7000 to find out which community association you belong to, how to contact them, and/or if that association has a Snow Angels program.



Housing Supports and Options

Housing Options

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You can click on anything underlined in this list to be taken directly to that section

You will find this symbol throughout:  - Housing options that advertise having wheelchair accessible suites

Please note: Although we tried to list more affordably priced housing options, we acknowledge that what is considered affordable is different for everyone.



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The housing options that would be recommended for individuals are directly connected to the income and amount and type of supports they require to live independently. There are four main types of housing options listed in this section:



- **Subsidized and affordable rental housing**
- **Assisted living / enhanced housing** (privately owned and operated)
- **Personal care homes** (privately owned and operated)
- **Long-term care homes**

Recommendation and placement in a long-term care home, either short-term or long-term, occurs through an assessment with an Assessor Coordinator through the Saskatchewan Health Authority. If you are not already connected to one, you can request an assessment by calling 📞 (306) 766-7200.

In the following sections you will find a brief description of each type of housing, as well as a list of options in Regina.

Disclaimer: Age-Friendly Regina does not endorse and is not responsible for the qualification or standards of care provided. The list of options provided is not exhaustive but allows individuals a place to start looking and planning.

Subsidized and Affordable Rental Housing (no supports included)

What is subsidized and affordable rental housing and who can access it?

- Subsidized and affordable rental housing is intended for people who have low income. To qualify, your gross income and assets must meet the program limits.
- It is for people who can live independently, with or without support.
 - If you need support, the type and amount of support you require to meet your needs and live safely can be met using a combination of family, friends, and/or home care services (Saskatchewan Health Authority or private services).
- If subsidized, the amount you are charged for rent is based on your income.



Salvation Army - Waterston House

☎ (306) 569-1230

Address: 1865 Olser St.

A 40 suite, fully accessible apartment complex for men with low-incomes. Each suite is equipped with a bed, apartment size refrigerator, stove and sink unit, and a wheelchair accessible bathroom. Laundry machines are located on each floor and meals are available at a reasonable cost through Waterston Centre.

Applications are available through the caseworkers at Waterston Centre.

Soul's Harbour Rescue Mission

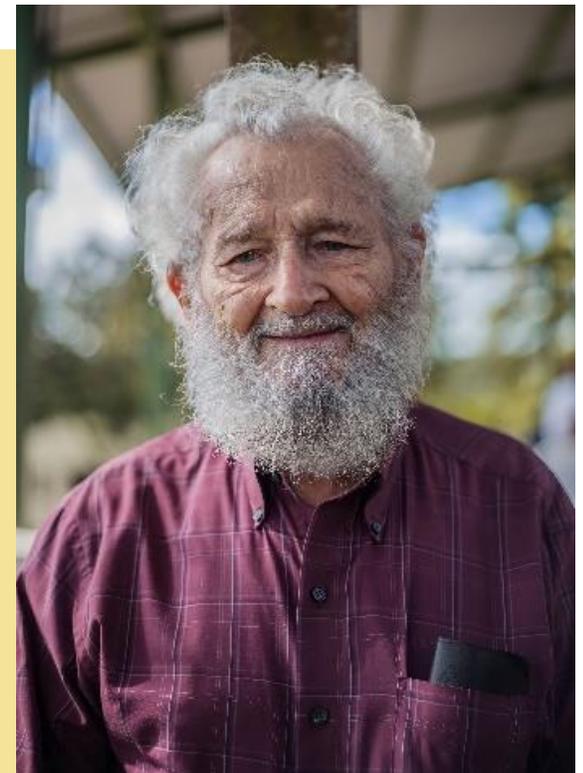
☎ (306) 501-2230 Website: <https://www.shrmsk.com/services/affordable-housing>
email: apartments@shrmsk.com

Soul's Harbour Rescue Mission offers affordable housing for men and women who are drug, alcohol, smoke, and pet free. Rent includes all utilities except cable and internet.

Porter Place - 1610 Angus St.: For individuals 55 years of age and older. 24 bachelor suites (\$650.00/month), 5 one bedroom suites (\$700.00/month).

Gerri Carroll Hope Centre - 1632 Angus St: For individuals 55 years of age and under. 13 bachelor suites (\$650.00/month), 4 one bedroom suites (\$700.00/month).

Applications are available online at the address provided above. Please call or email for more information.



YMCA - Kikinaw Residence

☎ (306) 525-2141 – ask for the residence worker to inquire about availability.

Kikinaw Residence offers a safe and affordable home for single women. There are 49 single rooms for rent that include a small fridge, sink, storage space, bed and bedding. Residence includes shared washrooms and kitchens. Supports including daily life skills and problem solving, counselling and community referrals help women create stability for themselves.

Specific support for teens as well as those who have been released from a Federal Correctional Facility and are on parole is also provided.



Regina Housing Authority (RHA)

☎ (306) 565-4430 Website: reginahousing.ca Address: 1850 Smith St.

Regina Housing Authority offers two programs for adults 55 years and older: the **Social Housing program** and the **Life Lease program**.

Social housing – for those with low incomes. To qualify, you must meet annual income limits and your assets, or the value of the things you own, must be under \$300,000.00.

- Housing options for those 55 years of age and older include high-rise and low-rise buildings.
- Rent is calculated at 30% of gross monthly adjusted income (adjusted income: they don't count some government benefits such as the Seniors Income Plan).
- Security deposits are required and depending on the property, there may be additional costs such as utilities, parking, and extra storage.

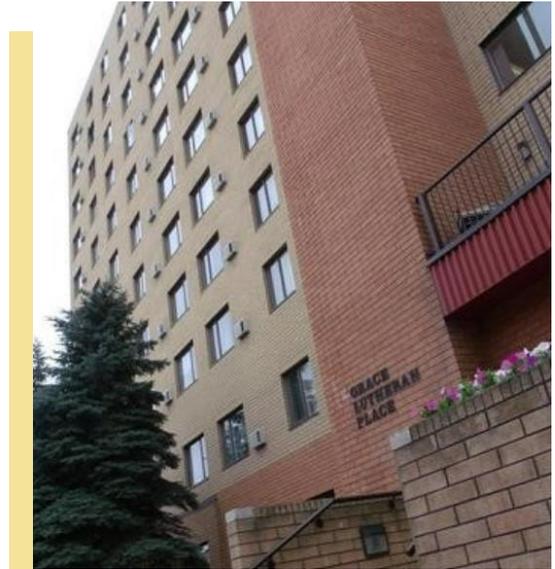


Photo credit: reginahousing.ca/Senior

Priority is given to individuals with the greatest need based on: income, current housing costs, current housing conditions, health problems aggravated by current housing conditions and/or if you current housing is unsuitable because of a disability.

Cedar Wood Manor	1510 Broadway Ave. – 150 units, 3 storey building
Davis Mews	2060 Cameron St. – 144 units, 3 storey building
Embury Heights	2122 Winnipeg St. – 105 units, 14 storey building
Forman House	1860 Ottawa St. – 37 units, 3 storey building
Grace Lutheran Place	1025 Victoria Ave. – 68 units, 11 storey building
Hamilton Plaza	2243 Hamilton St. – 128 units, 10 storey building
Heritage	2153 Lorne St. – 127 units, 11 storey building
Horizon	2141 McIntyre St. – 140 units, 13 storey building
Lovering Place	1319 Rae St. – 39 units, 3 storey building
Mary Helen Herchmer Place...	2121 Rose St. – 146 units, 10 storey building
Palliser Place	1740 Hamilton St. – 154 units, 12 storey building
Prairie Place	2242 McIntyre St. – 155 units, 11 storey building
St. Paul's Place	625 6 th Ave. – 20 units, single storey building
Trianon Tower	2400 – 12 th Ave. – 110 units, 15 storey building



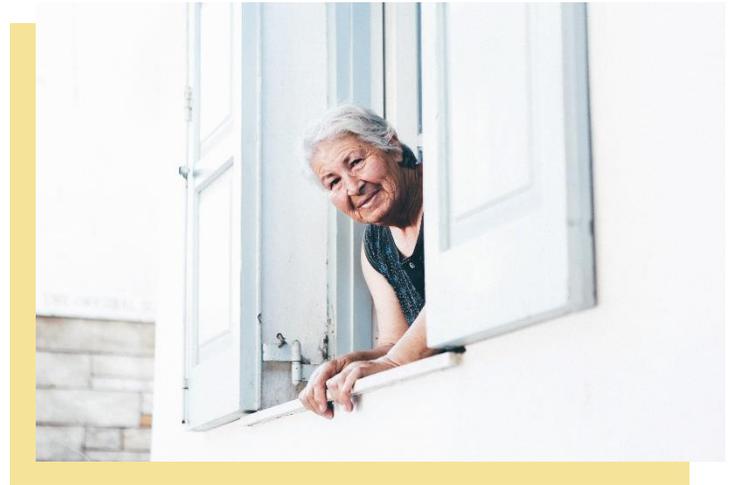
Regina Housing Authority also manages properties that are designed specifically for individuals who require an accessible suite due to mobility restrictions.

- 2240 Albert St 2240 Albert St. – 33 units, 5 storey building
- Huston Heights 702 Sangster Blvd. – 50 units, single storey building

Life Lease Program

The Life Lease Program offers moderate-income individuals and couples the ability to live in an apartment-style home without the responsibilities of maintenance and upkeep.

- Tenants pay a “life lease deposit” which ensures that they can live in that suite indefinitely as long as they can live independently.
“Independently” can be with or without family and community supports such as home care services.



- The suite is leased by the individual, owned by Saskatchewan Housing Corporation, and maintained and managed by Regina Housing Authority.
- Deposit prices start at \$60,600 and increase depending on the size of the suite. Suites range from 620 square feet to 927 square feet.
- All utilities are included in the monthly occupancy fee which is based on the operational costs of the building. This cost is calculated annually and changes as needed.
- To qualify, you must make less than the set annual income limits and your assets must be under \$415,000.00.
- A 3 month written notice to end the lease agreement is required from the tenant or the executor of their estate. The life lease deposit (minus any damages) will be returned from Saskatchewan Housing Corporation within 90 days after the tenancy has officially ended.

Life Leases are available in two buildings:

- Benson Manor 1333 McIntosh St. – 50 units, single storey building
- Highland Manor 2221 5th Ave. N – 50 units, 3 storey building



Other Providers of Subsidized or Affordable Housing

Cathedral Courts

☎ (306) 757-6252

Non-profit senior's housing.

Faith Baptist Place

☎ (306) 569-7544

Address: 2616 Central St.

33 subsidized units.

Gabriel Housing Corporation

☎ (306) 775-2905

Address: 506 Lorne St

Website: gabrielhousingcorp.ca

Affordable housing for people who are Métis.

Hewitt Place at Mutchmor Lodge (Independent Living)

☎ (306) 352-8034

Address: 329 Century Cres

Website: mutchmorlodge.com

email: mutchmor@sasktel.net

22 studio and one-bedroom suites. Recreational programs and monthly lunches are available at Mutchmor Lodge. There is security onsite through the night

Martin Luther Manor

☎ (306) 586-2335

Address: 2536 Parliament Ave.

email: mlm@sasktel.net

Adults 55+. There are 31 subsidized condos mixed in with 9 privately owned condos.

Milton Heights (Eden Care Communities)

☎ (306) 352-4993

Address: 1100 Broadway Ave.

Website: edencare.ca/communities/#regina-homes

email: info@edencare.ca

Income tested, not subsidized but are rented for approximately 10% less than the going rate of apartments with supports from a life skills coordinator.

Regina Pioneer Village

☎ (306) 757-5646

Address: 430 Pioneer Dr.

Long-term care and seniors housing. 24 hour emergency response alarm system, access to recreational programming, and subsidized evening meal service. Biweekly wellness clinics and weekly transportation to a local grocery store.

Photo credit: saskhealthauthority.ca/facilities-locations/regina-pioneer-village



♿ Selo Gardens Housing Authority

☎ (306) 584-1844

Address: 1110 McNiven Ave.

Website: selogardens.com

email: lfletcher@sasktel.net

50 subsidized and 18 life lease apartments for seniors in a multi-level building.



Silver Sage Housing Corporation

(306) 721-2909

Address: 4001 3rd Ave. N.

Website: silversage.ca/housing

email: info@silversage.ca

Subsidized and affordable housing primarily for First Nations people who have Treaty Status.

St. Basil's Manor Senior's Residence

(306) 757-1716 - for viewing,

(306) 565-4434 - Regina Housing to apply

Address: 1722 Montreal St.

email: stbasilsmanor@gmail.com (for viewing)

51 suites.

The Suites (Eden Care Communities)

(306) 206-0260

Address: 129 and 133 Hamilton St.

Website: edencare.ca/communities/#regina-homes

email: info@edencare.ca

Affordable independent living. Bachelor and 1 bedrooms suites. Includes a safety pendant and 15 minutes of housekeeping/week and the option to purchase supper from Monday to Friday.

Co-operative Housing

What is Co-operative (Co-op) Housing and who can access it?

- Co-operative Housing is intended for those who can live independently, with or without support
 - If you need support, the type and amount of support you require to meet your needs and live safely can be met using a combination of family, friends, and/or home care services (Saskatchewan Health Authority or private services).
- When joining a co-op, you are often required to buy shares in it. Shares vary in amount but average approximately \$2,000.00 each.
- People who buy shares and live in co-operatives are called "members". A co-op is not just a place to live – members are expected to participate in its management and operation through an elected board of directors and various committees.
- Members pay a monthly housing fee that is set by the co-op to cover costs such as utilities, maintenance, and improvements.
- When a member moves out of their unit they receive their shares back, minus any damages.

For more information about co-operatives, visit the Co-operative Housing Federation of Canada at chfcanada.coop or contact the specific co-op you are interested in.



Argyle Park Housing Co-operative

☎ (306) 949-9616
Address: 320 Sangster Boulevard
website: argyleparkco-op.ca
email: office@argyleparkco-op.ca

Mix of individuals and families;
townhouses and 18 apartments with 1,
2, and 4 bedroom suites.

♿ Cornwall Village Co-operative Housing Association

☎ (306) 586-1501
Address: 2141 Cornwall Street
email: cornwallvmanager@gmail.com
Adults 50+; 91 suites.

George Taylor Seniors Housing Co-op

☎ (306) 789-3636
Address: 1703 Oxford St.
email: oxfordmanor103@gmail.com
Adults 55+, 50 suites.

♿ Lakewood Manor Housing Co-operative

Address: 100-1123 Devonshire Drive N.
Website: lakewoodmanor.ca

For more information you can submit a contact form at: lakewoodmanor.ca/contact-info
50 suites made up one 1 and 2-bedroom units. Rent subsidy available with qualifying income.

Meadowlark Housing Co-operative

☎ (306) 789-2575
Address: 2644 Shooter Dr.
More than 55 suites.



♿ Norwest Place Housing Co-operative

☎ (306) 543-5758
Address: 6340 Engel Drive
Facebook: search for “Norwest Place 55+ Housing Cooperative Ltd.”

Adults 55+. Rent subsidy with qualifying income.

♿ Stewart Court Housing Co-operative

☎ (306) 789-7970
Address: 1717 Oxford Street,
website: stewartcourtco-op.ca
email: info@stewartcourtco-op.ca

43 suites, Rent subsidy with qualifying income.



Assisted Living / Enhanced Housing (privately owned)

What is Assisted Living or Enhanced Housing and who can access it?

- Assisted Living or Enhanced Housing is intended for individuals who are able to make their own decisions regarding their care needs and living arrangements.
- You are provided a separate or self-contained suite.
- Some basic supports are provided. Usually there is the option to purchase more intensive supports if needed. Each place is different in what they provide and what else is available. Supports generally include things like:
 - assistance with activities of daily living
 - social and recreational activities
 - health services and medication administration
 - meal services
 - housekeeping
 - laundry services
- Not all, but many enhanced housing complexes have the option of aging in place – which allows you to increase the amount of care you require while staying in the same place. That means that you may start living independently or with minimal supports and services but then decide to change to assisted living, and eventually need the services of a personal care home, and it can all be accommodated in the same building.

Brightwater Senior Living of Capital Crossing

☎ (639) 638-4190
 Address: 1325 Argyle St. N.
 Website: brightwaterseniorliving.com/senior-living/sk/regina/capital-crossing

Broadway Terrace

☎ (306) 564-1200
 Address: 1150 Broadway Ave.
 Website: edencare.ca/broadway-terrace
 email: info@edencare.ca

Allow fish & birds only. Life Lease available for a lower rent cost. Private home care services available in building. Safeway bus for grocery shopping.

College Park I Retirement Residence

☎ (306) 565-0515
 Address: 1535 Anson Rd.
 Website: allseniorscare.com/residence/college-park-retirement-residence
 email: jerriha@allseniorscare.com

Small pets allowed. Transportation to appointments. Private home care services available in building.

College Park II Retirement Residence

☎ (306) 924-0515
 Address: 1601 Badham Blvd.
 Website: allseniorscare.com/residence/college-park-ii-retirement-residence
 email: bhorbach@allseniorscare.com

Private home care services available in building.



Harbour Landing Village

☎ (306) 559-5545
Address: 4000 James Hill Rd.
Website: harbourlandingvillage.ca
email: info@hlvillage.ca

Mutchmor Lodge

☎ (306) 352-8034
Address: 328 Century Cres.
Website: mutchmorlodge.com
email: mutchmor@sasktel.net
No pets

Qu'Appelle House Suites

☎ (306) 522-0335
Address: 1425 College Ave.
Website: quappellehouse.ca
email: sherry.griffiths@saskhealthauthority.ca
No pets

Queen Victoria Estates

☎ (306) 790-1900
Address: 2025 Heseltine Rd.
Website: atriaretirement.ca/retirement-communities/atria-canada-queen-victoria
Pets allowed. Transportation to appointments.

Regina Lutheran Suites

☎ (306) 543-4055
Address: 1925-5th Ave. N.
Website: rqhealth.ca/facilities/regina-lutheran-home
No pets. Safeway bus for grocery shopping.

♿ Regina Village (Pioneer Village)

☎ (306) 751-5224
Address: 4550 10th Ave
No pets.



Revera Green Falls Landing Retirement Residence

☎ (306) 559-5657
Address: 3850 Green Falls Dr.
Website: reveraliving.com/en/live-with-us/saskatchewan/regina/green-falls-landing

Revera Marian Chateau Retirement Residence

☎ (306) 584-3030
Address: 3651 Albert St.
Website: reveraliving.com/en/live-with-us/saskatchewan/regina/marian-chateau

Revera Renaissance Retirement Residence

☎ (306) 525-8686
Address: 1801 McIntyre St.
Website: reveraliving.com/en/live-with-us/saskatchewan/regina/renaissance

Transportation to medical appointments.



Revera The Bentley Regina/Hillsdale Retirement Residence

☎ 306-584-3333

Address: 3105 Hillsdale St.

Website: reveraliving.com/en/live-with-us/saskatchewan/regina/the-bentley-regina-hillsdale

Transportation to appointments, no pets allowed

Trinity Manor at Westerra

☎ (306) 522-3135

Address: 8351 Canola Ave.

Website: trinitymanorregina.ca

Lease or rentals available. No pets

Wintergreene Estates Retirement Residence

☎ (306) 585-7100

Address: 4950 Pasqua St.

Website: verveseniorliving.com/wintergreene-estates

Email: info.wintergreeneestatesretirement.com

Private homecare services available in the building. Transportation to appointments. Pets allowed.

The Williston - Harbour Landing

☎ (306) 209-5414

Address: 5501 Parliament Ave.

Website: thewilliston.ca

Pets allowed.



Personal Care Homes (privately owned)

What is a Personal Care Home and who can access them?

- A Personal Care Home is an option when your care needs can no longer be met by your family and/or community supports like home care and private home care services and it is unsafe for you to live on your own.
- You do not need 24 hour onsite health or nursing services but may require the services of a visiting professional.
- They provide supports including meals and assistance or supervision of activities of daily living, medication administration, and social and recreational activities.
- It is important to check with a personal care home directly to learn the type of care they can provide and what kind of training their staff has to provide that care.

In Saskatchewan, personal care homes are privately owned businesses, require a license, and follow regulations set out in The Personal Care Homes Act. For more information about personal care homes, regulations, and responsibilities visit: saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/personal-care-homes#personal-care-home-responsibilities



Personal Care Home Benefit

☎ 1-855-544-7242 email: PCHBInquiry@gov.sk.ca

Website: saskatchewan.ca/residents/family-and-social-support/seniors-services/seniors-living-in-personal-care-homes

The Personal Care Home Benefit (PCHB) provides older adults with monthly financial assistance to help with the cost of living in a licensed personal care home.

You may be eligible to receive the PCHB if you:

- are 65 years of age or older;
- are a resident of Saskatchewan;
- live in a Saskatchewan licensed personal care home;
- receive an Old Age Security pension; and
- have a monthly income below specified levels.



Call, email, or visit the website for more information.

How and where to search for personal care homes

Ministry of Health – Community Care Branch

☎ (306) 787- 7239 email: info@health.gov.sk.ca

Website: personalcarehomes.saskatchewan.ca

If you call the Community Care Branch they will mail or email you a package with information on how to choose a personal care home and a listing of care homes with contact information for your area.

On the website you will find an up-to-date list of all of the licensed personal care homes in Saskatchewan. You can narrow it down to see only those located in Regina. It includes additional information such as:

- the owner's name and contact information,
- how many beds it has, and
- some additional notes that may include starting cost and other important details.
- it also lets you link directly to previous inspection reports.



How do you search for a personal care home on this site?

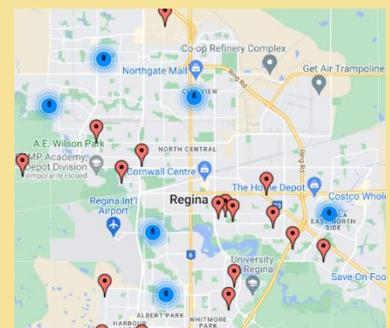
“Map view” is the default.

- You can click on one of the coloured circles shown (Image 1) to narrow down the area you want to search.
- As you click on circles, the location becomes more specific.
- Eventually you will see red map points (Image 2). These are specific locations. If you click on one, the name of the care home, address and date last inspected is listed. The name is underlined. If you click on that, you will be able to view more information about the home.

Image 1



Image 2



Carehomes.ca

Another place you can search for personal care homes, and specifically homes with vacancies, is carehomes.ca. You can search for homes by city, levels of care, and price. The website also includes pictures of the outside of the building.

Note: Not all care homes are a member of this group, so it is not an all-inclusive list.

If you do not have a computer or are having trouble navigating the sites above, staff at your local library branch will be happy to help you access the lists. Take these pages with you for reference. There may be a charge for printing.

Long-term Care Homes

What is a Long-term Care Home and who can access them?

- A long-term care home is an option when your care needs cannot be met by your family, friends, and/or home care services and you need 24 hour onsite health or nursing services.
- Placement in a long-term care home may be either temporary or long-term.
- Services include 24 hour nursing and personal care, medication administration, assistance with daily activities, therapies, and recreational activities.
- Limited space means that when people are assessed, those who are moved into a long-term care facility have the greatest need and are living at the greatest risk.
- Long-term care homes are operated by the Saskatchewan Health Authority or Health Authority Affiliates.



Long-term care homes: when and how?



It is generally a family member or friend pursuing a placement in a long-term care home for their loved one, or staff who are providing care and have noticed a decline in the person's abilities as well as an increase in services and supports needed.

If an Assessor Coordinator or Client Care Coordinator is not involved already, you can call the Saskatchewan Health Authority's intake line at 📞 **(306) 766-7200**.

You will be asked to provide some basic information and an Assessor Coordinator will call you back, meet with you, and walk with you through the process.

If you are already connected to an Assessor Coordinator or Client Care Coordinator and you feel like the person's situation has changed and it is time to consider a long-term care home, contact the coordinator and ask that the assessment be updated.

Assessments are used to determine the type of care a person requires so it's important to have them updated when there is a significant change. Approvals for admission to long-term care homes are based on these assessments - they ensure that available beds go to individuals with the highest need, who are living at the greatest risk.

An assessment looks at several factors, such as:

- Functional ability
- Physical health
- Mental status
- Living environment
- Informal support system
- Social relationships
- Emotional state
- Spiritual needs

If a bed is not available, you will be placed on a wait list. While you are on the wait list, you can access supports like home care.

You will be contacted by the Saskatchewan Health Authority as soon as accommodation is available.



Long-term Care Homes in Regina

Extendicare Elmview

☎ (306) 586-1787
Address: 4125 Rae St.
Website: rqhealth.ca/facilities/extendicare-elmview

Extendicare Parkside

☎ (306) 586-0220
Address: 4540 Rae St.
Website: rqhealth.ca/facilities/extendicare-parkside

Extendicare Sunset

☎ (306) 586-3355
Address: 260 Sunset Dr.
Website: rqhealth.ca/facilities/sunset-extendicare

Qu'Appelle House

☎ (306) 522-0335
Address: 1425 College Ave.
Website: quappellehouse.ca
email: bev.schatkoski@saskhealthauthority.ca

Regina Lutheran Home

☎ (306) 543-4055
Address: 1925-5th Ave N.
Website: edencare.ca/communities/#regina-3
(look for "RLH Campus") or
rqhealth.ca/facilities/regina-lutheran-home
email: info@edencare.ca

Regina Pioneer Village

☎ (306) 757-5646
Address: 430 Pioneer Dr.
Website: rqhealth.ca/facilities/regina-pioneer-village

Santa Maria Senior Citizens Home

☎ (639) 625-7100
Address: 4215 Regina Ave.
Website: santamariaregina.ca

Wascana Rehabilitation Centre Extended Care/Veterans Program

☎ (306) 766-5100
Address: 2180—23rd Ave.
Website: rqhealth.ca/facilities/wascana-rehabilitation-centre-extended-care-veterans-program

William Booth Special Care Home

☎ (306) 543-0655
Address: 50 Angus Rd.
Website: williamboothregina.ca
email: wayne.mcdonough@salvationarmy.ca



A guide for

Where did AGING WELL *in Regina* come from?

Age-Friendly is a worldwide movement that was established by the World Health Organization (WHO) and is promoted by the Public Health Agency of Canada. It focuses on improving communities for everyone.

Age-Friendly Regina believes in listening to and addressing the concerns identified through the lens of older adults for the benefit persons of all ages

Age-Friendly Regina is made up of community members, community organizations, the University of Regina's Centre on Aging and Health, City of Regina, and the Saskatchewan Health Authority and has been active since 2018. Through its work, the committee asks older adults in Regina to identify and address concerns. Based on what was heard so far, this guide was created.

"Aging Well in Regina" contains information geared to older adults (people aged 55+), but the contents are useful to many age groups. Its purpose is to provide information that makes it easier to understand and access different services and programs in our community.

You can find out more about Age-Friendly Regina and Age-Friendly Saskatchewan at agefriendlysk.ca. To find out how you can get involved, please email agefriendlyregina@gmail.com.

The new survey can be found here:

forms.office.com/r/1GeHpm1Dum

Please take some time and fill it out. Even if you participated in the past, we encourage you to fill it out again. The information collected will continue to set the focus and guide the work of Age-Friendly Regina.

We are excited to see what's next!

Psst.... if you do it now, you won't forget!