

# Long-Term Care in Ontario

## Information on planning and applying for long-term care

Relocating from one home to another can be challenging – and this includes deciding whether to move into a long-term care home.

We are here to help you and your family understand and make the right decision about your readiness and eligibility for long-term care.

### What is a long-term care home?

There are over 620 long-term care homes across Ontario. These homes are licensed and regulated by Ontario's Ministry of Long-Term Care.

Individuals move into a long-term care home when their care needs can no longer be met at home with the support of community-based providers – often due to declining health, cognitive or physical ability.

While services and amenities vary across long-term care homes, core services include:

- Health care support – e.g., nursing, medication administration, doctor visits (regular and emergency)
- Medical treatments or therapies – e.g., physiotherapy, occupational therapy
- Personal support services to help with activities of daily living – e.g., eating, bathing, dressing
- Nutritious meals and snacks
- Laundry services
- Social and recreational activities

### Who is eligible?

To be eligible for admission, an individual must:

- Be 18 years of age or older



- Have a valid Ontario Health Card
- Have health care needs that:
  - **Cannot** be met in the community with public, private or informal caregiver support/services, but
  - **Can** be met in a long-term care home

### When is the right time to apply?

Every person has a unique blend of care needs and available resources, so there is no single rule that says when it is time to apply for long-term care. Long-term care can be explored when the individual:

- Has care needs that cannot be met by other community-based providers
- Needs help with activities of daily living – e.g., eating, bathing, dressing, managing medications, etc.
- Needs on-site monitoring for safety and well-being
- Unable to return home after a hospital stay
- Needs on-site nursing care

### How do I apply?

Ontario Health atHome coordinates the assessment, application and admission process for long-term care homes across Ontario.

To get information or to apply for yourself or someone you know, please call Ontario Health atHome at **310-2222** (no area code required).

Applicants are assigned a care coordinator, who will work with the applicant and their family and caregivers to assess eligibility, select appropriate homes, and complete the application process.

### How much does it cost?

The Ontario government covers the costs of all nursing and personal care, while residents pay for accommodation charges (room and board).

Resident fees depend on a selected room type: basic, semi-private or private. Residents who cannot afford the basic fee may be eligible for the Long-Term Care Rate Reduction Program. Details are available on the Ministry's website, or ask your care coordinator for details.

### What are the wait times?

Applicants may have to wait for an appropriate bed to become available in a selected long-term care home. Wait times may vary widely from home to home.

Wait times vary depending on the home(s) selected, type of accommodation required, and your care needs. Your care coordinator can provide information on estimated wait times.

### How does admission work?

Your care coordinator will contact you when a bed becomes available in a long-term care home that can meet your care needs.

You will need to decide whether to accept or refuse the bed within 24 hours of receiving the offer. If you refuse a bed offer, your file will be closed and you will be removed from the waiting list of all your chosen homes. You will need to re-start the

application process. Your care coordinator will provide complete details on when you can re-apply if you refuse a bed offer.

If you move to a home that is not your first choice, you may stay on the wait list for your other choices.

Our care coordinators are available to determine long-term care eligibility, and discuss options.

### For more information:

1. Call us at **310-2222** (no area code required)
2. Visit our website: [ontariohealthathome.ca](https://ontariohealthathome.ca)
3. Read our Guide to Placement in Long-Term Care Homes: [ontariohealthathome.ca/document/guide-to-placement-in-long-term-care-homes/](https://ontariohealthathome.ca/document/guide-to-placement-in-long-term-care-homes/)



4. Visit the Ministry of Long-Term Care website: [ontario.ca/longtermcare](https://ontario.ca/longtermcare)
5. Use the online search tool to learn about homes near you: [ontario.ca/longtermcare](https://ontario.ca/longtermcare)

