

Planning For Senior Living



PLANNING FOR THE FUTURE

Choosing to move to a senior living community is not just a change of address - it is the exciting beginning of a new chapter, full of possibilities, fresh connections, and a nurturing environment. Whether you are transitioning from a beloved family home or seeking a lifestyle that prioritizes convenience, care, and comfort, this decision opens doors to a new way of living.

We recognize that this is a deeply personal and significant choice. It is natural to feel a mix of emotions - excitement for the future, some uncertainty about the change, and even nostalgia for what you are leaving behind. Our goal is to create a safe, welcoming, and comfortable space for every resident. From thoughtfully designed living spaces to vibrant activities, compassionate staff, and comprehensive services, we are dedicated to making you feel at home the moment you step through our doors.

Socializing is vital for seniors, especially during a transition to a senior living community. It helps combat loneliness, boosts emotional and mental well-being, and reduces the risk of depression and anxiety. Engaging with others also promotes physical activity, enhances cognitive function, and contributes to overall health. Our community offers a wide range of activities that foster connections and build relationships, creating a sense of belonging. These interactions not only improve quality of life but also provide purpose and joy while keeping both the mind and body active.

This guide will help you navigate the process of settling in, meeting new friends, and embracing all the exciting opportunities that await in your vibrant new home.



COMMONLY ASKED QUESTIONS BY SENIORS WHEN RELOCATING:

SENIORS LODGES

What are my options for Seniors Housing in my area?

Seniors Lodge (Seniors' Supportive Living):

Heart River Housing supplies housing for independent seniors in a lodge setting. Seniors' supportive living is a compassionate, secure, and worry-free environment for seniors. This program offers single and double occupancy rooms, meals, housekeeping, and recreational opportunities with or without the help of existing community-based services. Applicants are prioritized based on needs, taking into consideration housing needs, level of support required and the applicant's income. Rates are reviewed annually. The Lodge is designed to support those who can manage daily living on their own or have their own support services, such as Home Care in place.



If I am not fully independent, am I still eligible to live at the Lodge?

Seniors Lodge (Seniors' Supportive Living): Absolutely! You are more than welcome to live at the Lodge if you require minimal support.

How much does it cost?

Seniors Lodge (Seniors' Supportive Living): Rent is based on suite size; however, each resident must be left with at least \$365 of their monthly income. If a resident is left with less than this amount, the base rent for the Lodge suite can be adjusted accordingly.

What services and amenities are available?

Seniors Lodge (Seniors' Supportive Living): Enjoy a fulfilling lifestyle with three delicious home-cooked meals, three snacks daily, weekly house cleaning and 24-hour staff. Stay active with our fitness room, daily exercise programs, and monthly activity calendar. Pamper yourself with weekly hand waxing, a hair salon, a library, resident laundry facilities, outdoor amenities, a beautiful greenhouse, trips, church services, weekly bingo, snow removal, and convenient parking - all designed to enhance your well-being and make each day enjoyable.

COMMONLY ASKED QUESTIONS BY SENIORS WHEN RELOCATING:

SENIOR SELF-CONTAINED APARTMENTS

What are my options for Seniors' Housing in my area?

Senior Self-Contained Apartments:

Residents must be able to live independently.

How much does it cost?

Senior Self-Contained Apartments:

Rent is calculated at 30% of your monthly gross income.



What services and amenities are available?

Senior Self-Contained Apartments:

These units consist of bachelor suites and one-bedroom units. A fridge, stove, heat, water, snow and garbage removal are included in the rent. Laundry facilities are available on site. Additional charges will be applied for power and parking (one parking stall if required). Residents are responsible for their own satellite, Wi-Fi, and telephone services.

COMMONLY ASKED QUESTIONS BY SENIORS WHEN RELOCATING:

ENHANCED APARTMENTS

What are my options for Seniors Housing in my area?

Enhanced Apartments:

The Enhanced Apartments are attached to the Lodge and offers apartment living with access to the lodge community and services. This option is perfect for seniors who value their independence and are seeking an adaptive living environment. To be eligible for The Enhanced Apartments you must be 65 years of age or older and capable of living independently.

How much does it cost?

Enhanced Apartments:

Rent is a monthly flat rate.



What services and amenities are available?

Enhanced Apartments:

Our spacious one- and two-bedroom wheelchair accessible apartments are thoughtfully designed in a modern two-story complex, complete with an elevator for added convenience. Each unit is equipped with full-sized stainless-steel appliances, including a full-size refrigerator, stove, and dishwasher. Additionally, you'll enjoy the convenience of an in-suite washer and dryer, along with a private balcony for your added enjoyment.

Rent is a flat monthly rate, with residents responsible for their own Wi-Fi, phone line services and satellite services. We offer a range of additional services, including meals, weekly room cleaning, laundry, and parking which are available for an extra cost.

ALL SENIOR HOUSING

Can I bring my pet?

No – NO PETS are allowed.



What if I need a higher level of care?

Home Care services may be available through Alberta Health Services. The Home Care Team will conduct an assessment, complete the necessary paperwork, and provide recommendations for support. All arrangements and decisions are to be coordinated by the resident and their family members.

How can I get more information or help?

Reach out to local agencies, family, other residents, or the Heart River Housing Tenant Support Worker to get more information about the services, benefits, and options available to you.

INFORMATION

It is our priority to ensure that you and your family receive the comprehensive support you need. Our team will supply you with up-to-date resources and informational materials that detail the services available within your new home. We understand that navigating these options can sometimes feel overwhelming, so we are here to assist you with any questions and provide helpful contacts for the services you may need. Additionally, the Tenant Support Worker at the Heart River Housing Office is available and eager to meet with you and your family, offering support to ensure your needs are fully addressed. We are committed to walking alongside you and providing the assistance required to make your transition as smooth and successful as possible.



COMMUNICATION

If there is anything on your mind or something you would like us to know, please feel free to chat with the Manager. We encourage you and your family to share any incidents or concerns with our facility management – we are here to help! We want to make sure you are heard and supported every step of the way!



FURNISHINGS

When preparing for a move, downsizing is often a necessary step. By encouraging you to begin the process early, we can help alleviate much of the stress that comes with it. Rushed moves can lead to anxiety but giving yourself time to downsize allows for a smoother, more manageable transition. This also offers a special opportunity to reflect on cherished memories while parting with items no longer needed. We do not supply furnishings; we encourage you to bring your own. These small yet meaningful items will help make your new space truly feel like home.



WI-FI, SATELITE AND PHONE LINES

If you need any assistance with the process, feel free to ask family, friends, tenant support or management for support. They are happy to help guide you through getting these services set up and making sure you are comfortable with them!

To stay connected and entertained, you may want to set up Wi-Fi and TV services in your new home. Here is how you can do it:

Wi-Fi Setup:



- First, you will need to contact a local internet provider (such as Telus, Bell, or Rogers). They can help you choose the plan that suits your needs.
- If you are unsure which plan is right for you, do not hesitate to ask the provider for guidance.
- The provider will send a technician to help you with the installation and ensure everything is set up correctly.

TV Hookups:

- For TV services, reach out to the satellite provider (Telus, Shaw, or Bell) to set up an account and choose a TV package.
- The provider will arrange for installation, if necessary, or they may guide you on how to hook up your TV yourself.

No radio, or TV antenna, satellite dishes or towers may be installed on the Premises without written Permission from the Manager.



NO SMOKING

No Smoking Policy - Residents and their guests are not permitted to smoke inside the unit. This restriction applies to all tobacco products, electronic cigarettes, medical and recreational marijuana, and vaping products. This policy is in accordance with *Alberta's Tobacco, Smoking and Vaping Reduction Act and other applicable laws, including amendments 240/2007, 2008, 24/2008, 169/2013, 201/2014, 239/2018, 81/2019, and 141/2021.*

VISITORS

We warmly invite your family and friends to visit at any time. We encourage your loved ones to join in all events at the Lodge. Visitors are also welcome to enjoy meals for a nominal fee. A guest room may be available for overnight stays subject to a fee.



TRANSPORTATION

Weekly busing is available! Contact the Lodge Manager for more details on schedule and pricing.

HAIR SALON

A hair salon is located at each Lodge. Residents are responsible for making appointments and payment for services.



FIRE SAFETY



All units are equipped with smoke detectors. All Lodges have sprinkler systems and staff are trained in fire safety procedures. Fire drills for staff are conducted regularly. We also have drills involving residents annually.



WHEN YOU HEAR THE FIRE ALARM

If the fire alarm sounds:

1. Remain where you are in the lodge until you receive instructions from a staff member or firefighter.
2. If you are in your room, close all your windows and door.
3. Be dressed and ready to evacuate the building.

When the fire situation has been resolved, the staff will let you know.

HOME CARE

Home care is provided by Alberta Health Services, offering support for individuals who require assistance with medication management, personal care (such as bathing), or other health-related needs. Requests for services can be made by contacting 1-855-371-4122.



THE "GREEN SLEEVE"

A **Green Sleeve** is a plastic pocket that holds your advance care planning forms. Think of it as a medical passport.

- Your physician will provide you with the necessary forms to initiate the process of obtaining your Green Sleeve.
- It is your property. When you are at home, keep your **Green Sleeve** on or near your fridge or behind your front door.
- If you go to the hospital or have a healthcare appointment, take your **Green Sleeve** with you. Be sure it comes home with you.

Alberta Health Services

Goals of Care Designation Order

Patient Information: Name, Date of Birth, Address, Phone, Email, etc.

GOALS OF CARE DESIGNATION

Goal	Designation	Comments
R1	Resuscitation	
R2	Intubation	
R3	Cardiopulmonary Bypass	
M1	Mechanical Ventilation	
M2	Artificial Nutrition/Hydration	
C1	Chemical Restraint	
C2	Other	

When is it necessary to have a Green Sleeve?

Individuals who are at risk of requiring life-sustaining treatment or who have a chronic condition that may require life-sustaining treatment should consider having a Green Sleeve.

How to designate goals:

- Indicate the goal you want to achieve (e.g., Resuscitation, Intubation, etc.)
- Indicate the goal you do not want to achieve (e.g., Do Not Resuscitate, Do Not Intubate, etc.)
- Indicate the goal you are unsure of (e.g., I am unsure, I need more information, etc.)

INSURANCE

Heart River Housing does not provide content insurance for your personal property. It is your responsibility to obtain insurance coverage for your valuables and personal belongings.



PARKING STALLS

Parking stalls are provided, and a monthly fee will be charged.

FUNDING

You must apply for OAS, GIS, CPP, and other federal programs, and they will not be provided automatically.

There are Governments programs designed to help seniors stay financially independent. Most programs start at age 65; some can start earlier. The most important thing to know about the government programs is that you need to first file a personal income tax return to be eligible.

PROVINCIAL FUNDING



Alberta Aides to Daily Living 1-780-427-0731:

- **What it is:** Funding for Albertas with long term disability, chronic or terminal illness to live independently in their communities. AADL provides financial assistance for basic medical equipment and supplies to meet their clinically assessed needs.

Alberta Caregiver Benefit (ACB) 1-877-453-5088:

- The Alberta Caregiver Benefit is a financial support program for family caregivers of seniors who need help with daily living. This benefit is intended to assist with caregiving costs for seniors living at home.

Alberta Health Care Insurance Plan (AHCIP) 1-866-408-5465 or 1-780-427-1432:

- **What it is:** Alberta seniors are eligible for free coverage under the Alberta Health Care Insurance Plan for medically necessary services such as doctor visits and hospital care.

Alberta Senior Benefits (ASB) 1-877-644-9992:

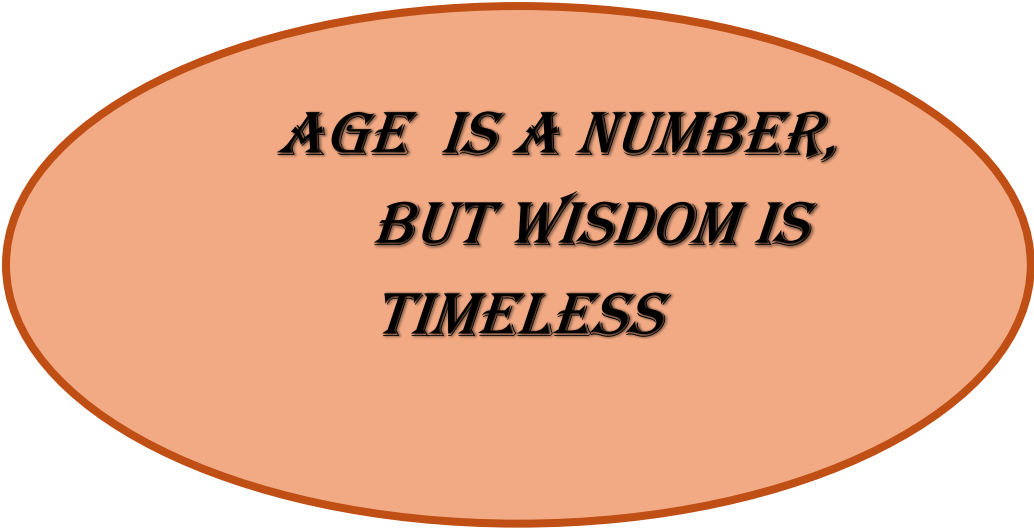
- **What it is:** The Alberta Senior Benefits program offers financial assistance to eligible low-income seniors to help with daily living costs. This includes monthly payments to those 65 and older.

Home Care Services 1-855-371-4122:

- **What it is:** Alberta Health Services (AHS) offers home care services, which may include personal care, housekeeping, and nursing services for seniors who need help to live independently in their homes.
- **How to apply:** Applications can be made through Alberta Health Services.

Seniors Housing Programs 1-877-644-9992:

- **What it is:** The government provides affordable housing options for seniors, including subsidized housing and rent-geared-to-income programs.
- **How to apply:** Seniors must apply through the Alberta Social Housing Corporation or local municipalities.



***AGE IS A NUMBER,
BUT WISDOM IS
TIMELESS***

FEDERAL FUNDING

Allowance for the Survivor 1-800-277-9914:

These are income-tested programs that provide additional financial support to low-income seniors. The Allowance is for seniors aged 60-64 whose spouse or common-law partner is eligible for OAS, while the Allowance for the Survivor is for widowed seniors aged 60-64.



Canada Pension Plan (CPP) 1-800-277-9914:

The **Canada Pension Plan (CPP)** provides retirement, disability, and survivor benefits to contributors who have worked in Canada. Seniors can start receiving CPP retirement benefits as early as age 60, with the amount based on how much they contributed during their working years.

- **Eligibility:** Seniors who have worked in Canada and contributed to the CPP.

Coverage for Seniors (Alberta Blue Cross) 1-800-661-6995:

Coverage for prescription drugs, dental, optical, and other health-related services not covered under the Alberta Health Care Insurance Plan.

Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement (GIS) is an additional monthly payment available to low-income seniors who are already receiving the Old Age Security (OAS) benefit.

- **Eligibility:** Seniors aged 65 or older who receive OAS and have a low income.



Income Tax Credits and Deductions for Seniors

The federal government provides various tax benefits for seniors, including the **Age Amount**, **Pension Income Amount**, and other credits and deductions that reduce the amount of tax you owe.

- For more information, visit the Tax Benefits for Seniors page.



Non-Insured Health Benefits (NIHB) for First Nations and Inuit 1-800-232-7301:

NIHB provides eligible First Nations and Inuit with coverage for a range of health benefits including drugs, dental and vision care, medical supplies and equipment, mental health counselling and medical transportation.

Old Age Security (OAS) 1-800-277-9914:

The Old Age Security (OAS) program is a monthly payment available to seniors aged 65 and older. It is a foundational benefit that helps seniors with their living expenses.

- **Eligibility:** Available to all Canadian seniors 65 years or older who meet the residency requirements.

Seniors and Accessibility Programs 1-800-644-9992:

The federal government also offers grants, loans, and funding for programs aimed at improving the accessibility and inclusion of seniors in their communities. Some examples include:

- New Horizons for Seniors Program (NHSP): This program supports community-based projects that encourage seniors' participation and social inclusion.

Veterans Affairs Canada (VAC) 1-866-522-2122:

For services related to benefits for veterans.

SERVICE SUPPORTS

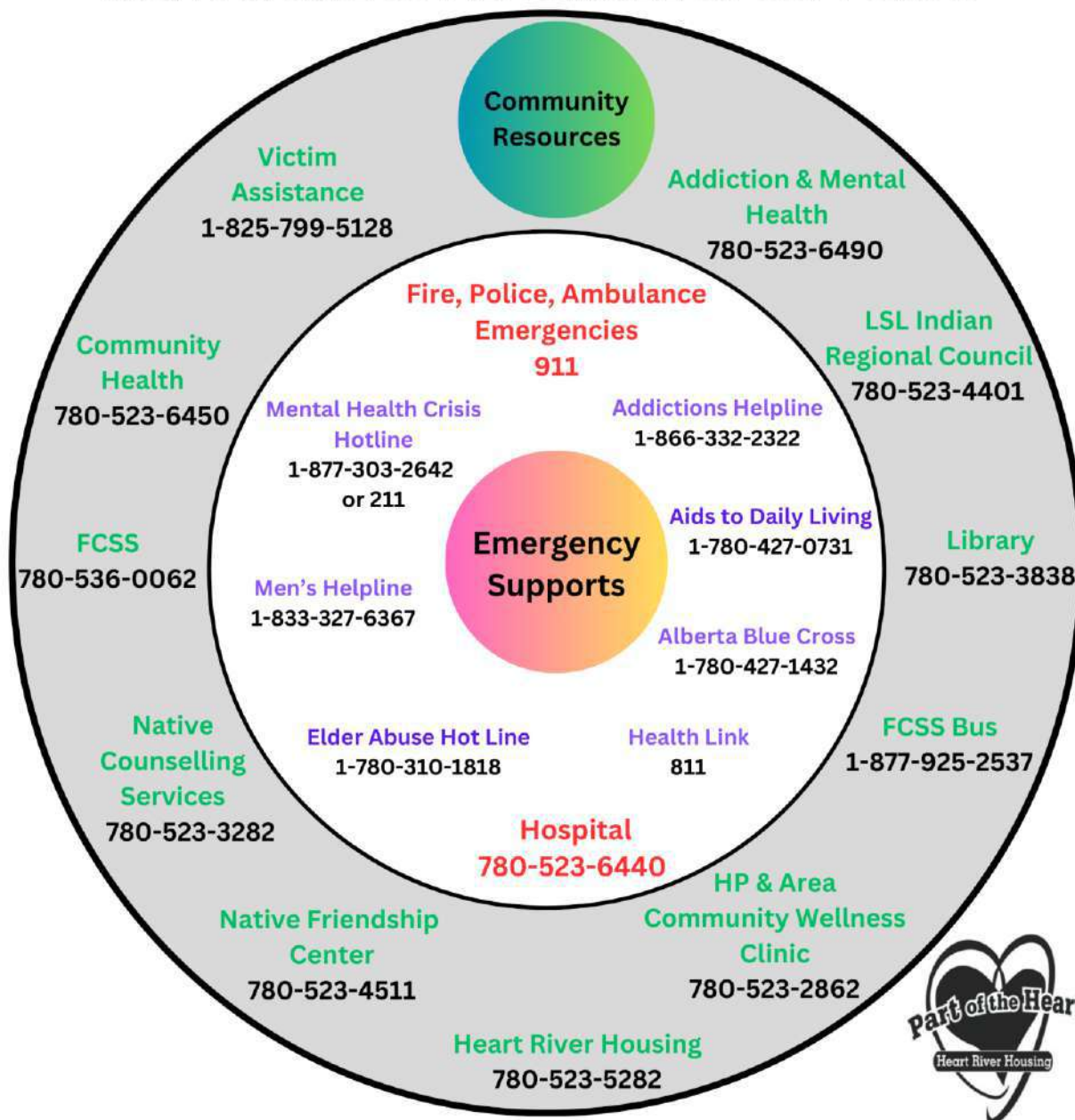
Family and Community Support Services (FCSS): FCSS programs assist seniors with services, including:

- Government form assistance.
- Resource information.
- Tax returns for people with modest income.
- Advocacy when dealing with government departments.
- Home Support – subsidized program providing light housekeeping.



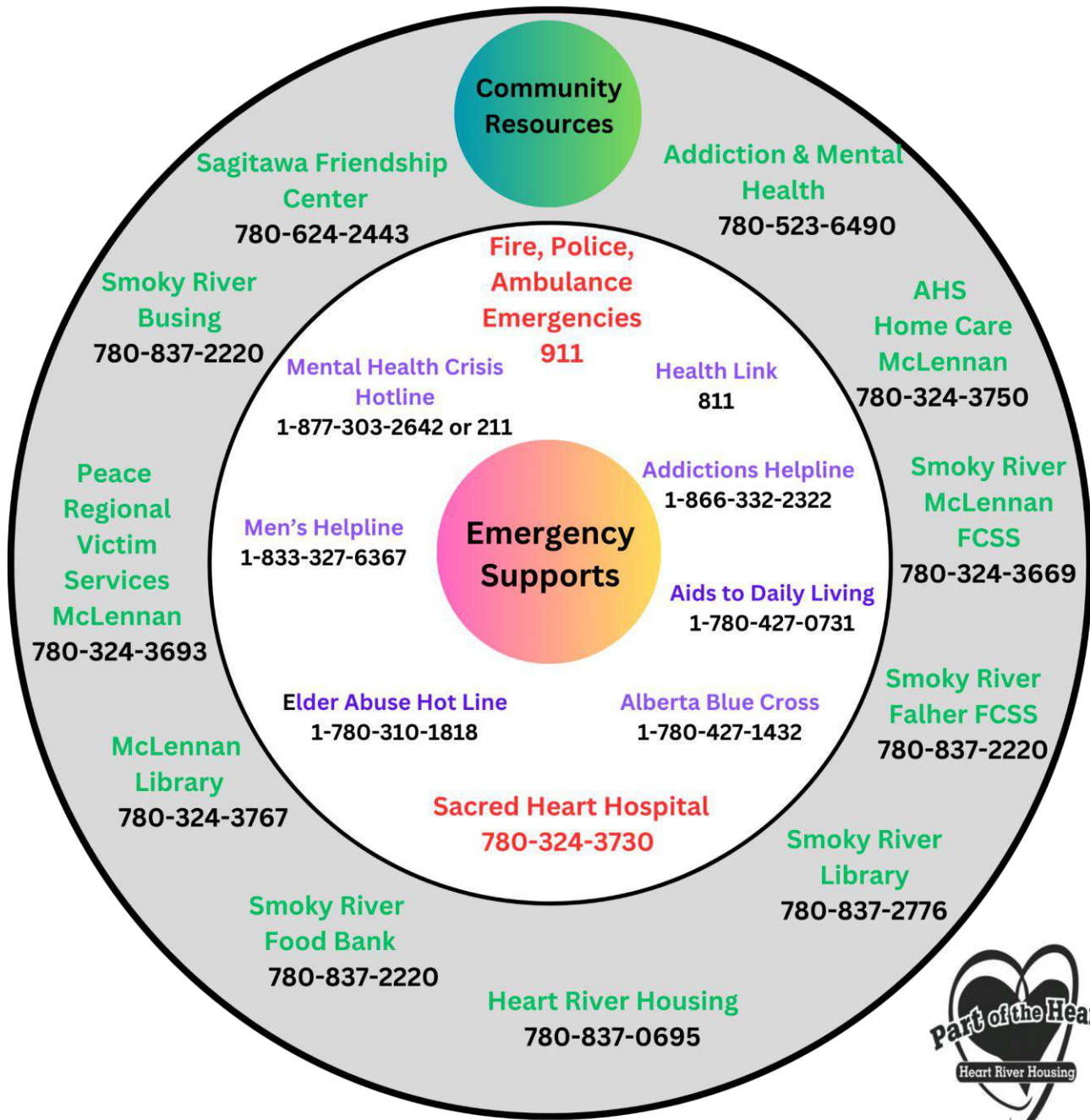


HIGH PRAIRIE & AREA CIRCLE OF SUPPORTS



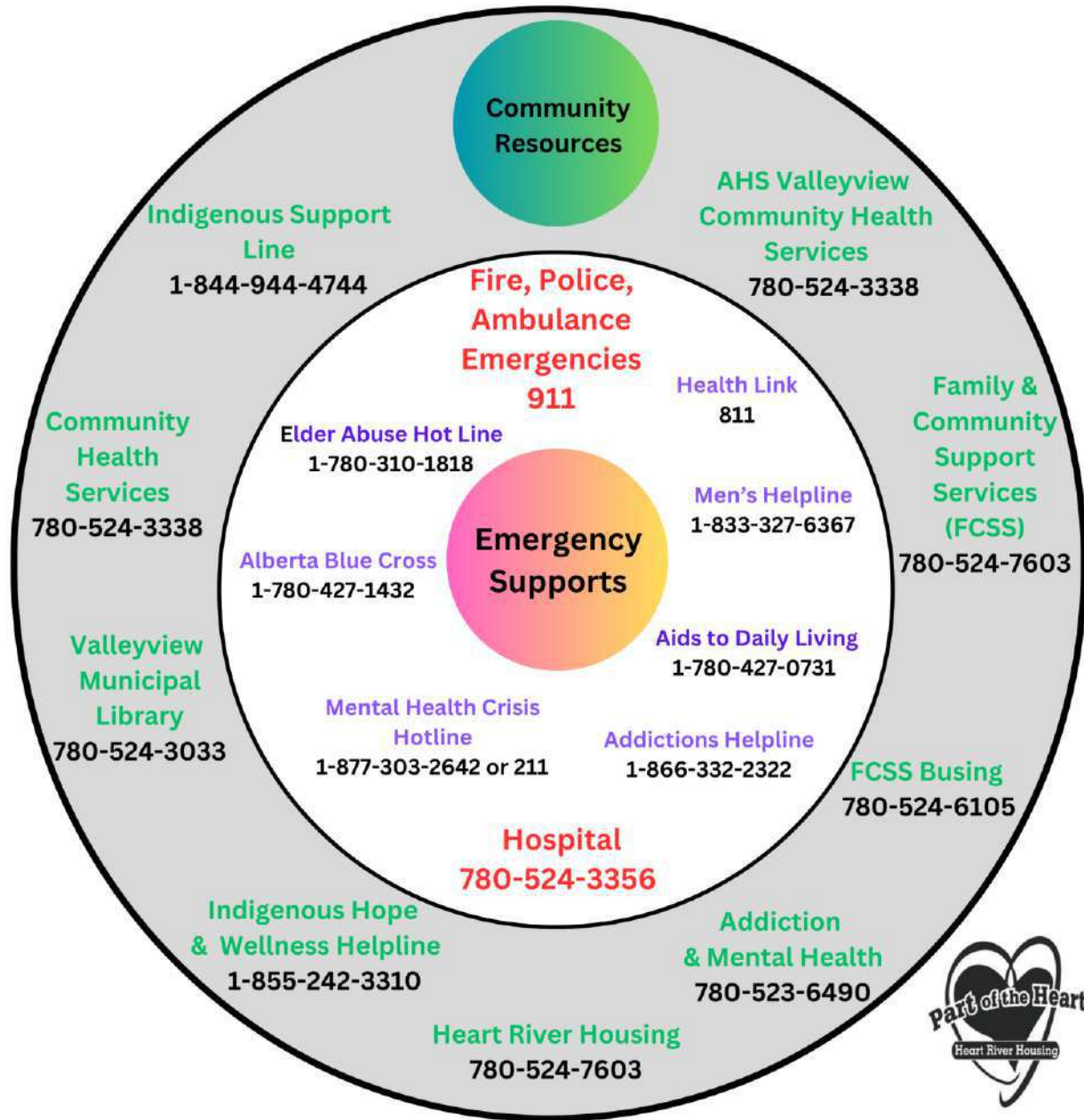


SMOKY RIVER & AREA CIRCLE OF SUPPORTS





VALLEYVIEW & AREA CIRCLE OF SUPPORTS





FOX CREEK & AREA CIRCLE OF SUPPORTS

