

# What is included in my rent?

## The following is included with your monthly rent:

- Your own unfurnished private suite with lockable door
- Access to care through assisted living staff who can help you with your personal care needs
- 2 nutritious meals a day in the main dining room as well as daily snacks
- Weekly housekeeping and flat laundry service (linens and towels)
- Use of common amenity space
- Access to recreational and activity programs
- 24-hour wireless call system

# What is the cost?

Assisted Living units are funded under the Province of BC's Independent Living BC Program (ILBC). This program is a housing-for-health program and is a partnership between Canada Mortgage and Housing Corporation, BC Housing, Fraser Health, and community groups.

**For individuals**, the cost of your monthly rent is 70% of your after tax income. The remainder is subsidized by the Province of BC.

**For couples**, your monthly rent is 70% of joint after tax income. This contribution rate is established by Ministry of Health policy.

*(To determine your after tax income, subtract line 435 from line 236 from your latest personal income tax return.)*

# What are my additional costs?

## Any extra costs you would pay in Assisted Living would be similar to what you may have been paying at home such as:

- In suite telephone, television cable or internet charges
- Personal grooming products (eg: continence supplies)
- Hairdressing services
- PharmaCare premiums and deductibles
- Medications not covered by PharmaCare
- Personal items such as drycleaning, newspaper and magazines
- Personal laundry
- Personal furnishings (eg: dishes, cutlery, linens, furniture etc.)
- Parking charges
- Health equipment not covered by extended health benefits or Veterans Affairs Canada
- Insurance for lost or damaged personal items such as hearing aids, dentures etc.
- Physician charges for completion of medical forms



# Feedback and Concerns



We welcome your feedback and are committed to addressing your concerns. If you or your loved ones have any questions regarding your suite, speak with the Assisted Living operator or your case manager.

For unresolved complaints contact the Assisted Living Registrar's office at Toll-Free: 1-866-714-3378

For more information about the Independent Living BC Program, please call BC Housing at 1.800.257.7756 or visit them online at [www.bchousing.org](http://www.bchousing.org)

## Important names and numbers

Fraser Health case manager:

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Assisted Living operator:

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[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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For more copies: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)

# Living in your new home

# A Resident Guide to Assisted Living



# We are happy to welcome you into your new home!

This guide will provide you and your loved ones with valuable information on your new home and the services offered in Assisted Living.

*Please let the staff know if you have any questions or require any assistance.*



## What do you need to get started?

Since this suite is an unfurnished apartment, you are welcome to furnish it as you wish.

To make your stay more comfortable, the following is a checklist you might find useful:

- Notify any important people or organizations of your new address (eg: BC Medical Plan, bank, insurance companies, handidart, etc)
- Arrange for telephone and cable hook up
- Arrange for a mover to move your furnishings such as a bed, linens, couch, table, in suite TV and telephone etc. Make sure you have arranged the moving time and date with the Assisted Living operator.

- Inform staff of any special diet requirements
- Plan for your personal insurance

**With any move, getting settled takes time. Be sure to talk to your loved ones about what you are feeling and encourage them to visit you in your new home. Please be sure to speak to the staff about any concerns you may have.**

## What if my care needs change?

Your health and well being is important to us. Assisted Living may be the best option for you today, but if a time should come where you are no longer able to make decisions on your own, or your care needs exceed the resources available through Assisted Living, your case manager will work with you to find the most appropriate care option for you.

If you had a home health worker before you moved into your assisted living suite, please note, your Assisted Living operator will now be responsible for taking care of your on-site care needs.

Please note:

- nursing care is scheduled, nurses are not on site 24-hours
- Assisted Living units do not have an on-site physician.

If you have any concerns regarding your additional monthly charges, please contact your case manager.



# HEALTHY INDEPENDENT LIVING

Our goal is to assist you in living independently and comfortably. Your health and well being is important to us.

By choosing Assisted Living, you maintain your privacy, individuality and control over your life and health.