

Centre intégré de santé et de services sociaux
de la Montérégie-Ouest

Preparing for admission to long-term housing

WHAT YOU NEED TO KNOW

This information sheet was produced in collaboration with users and partner families.

It contains information about the process leading up to long-term housing in a long-term care centre (CHSLD), a senior housing (MDA) or an intermediate resource (IR).

At what point should I consider long-term housing?

Before submitting an application for housing, a case worker will work with you to assess whether there are services available that will let you stay in the community safely (home, private seniors' residence).

Long-term housing is considered a last resort when alternatives in the community can no longer meet your needs. Your authorization, or that of your representative, is needed to begin the application process for long-term housing.

Senior and alternative housing

The process for accessing housing is the same for all types of resources, including the new senior and alternative housing facilities in Châteauguay and Salaberry-de-Valleyfield. A team of professionals will select the living environment that best meets the specific needs of the person requiring accomodation.

What are the steps involved in getting a spot in long-term housing?

1. You will **be assigned** to a case worker, who will assess:

- your health needs (medical assessment, list of medications) and the level of services required to meet your needs (assessed using the ISO-SMAF tool);
- the risk factors related to your situation.

Novembre 2024

Québec

Types of long-term housing

Intermediate resources (IR)

These environments are adapted to the needs of people with moderate to significant loss of autonomy, who do not require specialized care on a permanent basis.

Care is provided by a private partner, with the support of a multidisciplinary team from the public network. You will continue to be followed by your family doctor. If you do not have one, you will be referred to the Québec Family Doctor Finder (QFDF).

Long-term care centers (CHSLD) / Senior housing (MDA)

These environments are adapted to the needs of people with significant loss of autonomy or health issues that require specialized care.

Medical, nursing and professional care is provided within the living environment. There are different types of CHSLD:

- **Public:** Entirely government run.
- **Private funded:** Run by private owners who receive a subsidy.
- **Private non-funded:** Run by private owners who do not receive a subsidy.

2. Your application will be sent to the **Guichet d'accès aux services de soutien à l'autonomie** (GASSA), which will identify:

- the type of housing and facilities suited to your needs;
- the priority level of your application (in collaboration with your case worker).

3. You will choose your preferred facilities from the list of those that meet your needs. You will need to **choose at least two preferred facilities** where you would be willing to live permanently.

If an intermediate resource (IR) is identified as being the best suited to your needs

- Before choosing your preferred environment, a visit to the facility can be arranged. If this interests you, let your case worker know and they will coordinate with a representative from the facility.
- You can also ask your case worker to review portfolios (photos and profiles) of the IR facilities to help you make your choice.

If a CHSLD (long-term facility) is identified as being the best suited to your needs

- Before choosing your preferred environment, you can request to review the descriptive sheets for each possible environment. You may also request to visit the facilities by contacting the desired location to make an appointment.

Important

Can I submit an application for housing outside the territory of the CISSS de la Montérégie-Ouest?

If you would like to move outside the territory of the CISSS de la Montérégie-Ouest, you can apply for out-of-region housing. In that case, the housing access mechanism (MAH) in the home region will forward the application to the MAH in the desired region. In the meantime, you will be offered a spot in a temporary housing facility.

4. You will be placed on the waiting list.

You may be offered temporary housing if:

- Your situation is considered urgent and your preferred facilities are unavailable or have long wait times;
- You are waiting in a hospital bed or a post-acute care bed;
- The cost of caring for you at home outweighs the annual cost of public housing.

If you refuse the proposed spot, in the interest of fairness:

- The home care team will reassess whether your current services can be maintained while you are waiting for a spot at one of your preferred facilities;
- The hospital or post-acute care team will determine the appropriateness of the refusal.

What is the wait time?

The wait time varies depending on your preferred facility, the type of unit required, and the priority of your application. For these reasons, your case worker will not be able to give you an approximate wait time. However, if you think your situation is urgent or has changed and needs to be reconsidered, do not hesitate to contact your case worker to have the priority of your application reassessed.

When a spot becomes available, your case worker will contact you to confirm that you still want housing. You must respond as soon as possible, and ideally be able to move into the facility within 24-48 hours. In special situations, a 72-hour delay may be accepted. If you have a bed in a hospital or a post-acute care facility, you will be asked to free up the spot as quickly as possible.

Can I request a private room?

Most facilities have private and semi-private rooms. Priority for private rooms is given to residents who are already admitted. You can always ask the person in charge of admissions for a private room.

Once admitted, you will be automatically placed on the waiting list for your preferred facilities. The GASSA systematically monitors temporary housing applications, and you will be offered a spot based on availability.

You may decide at any time that you no longer wish to move. Simply notify the psychosocial worker at the long-term care centre, who will take the necessary steps.

Is there a cost for long-term housing?

The amounts vary depending on the type of room and the person's ability to pay. If you consider that you are unable to pay the amount indicated on your notice of decision, you may apply for a reduction by filling out the **Application for Exemption or for Re-Evaluation** available on the website.

The contribution is the same for all types of CHSLD and is calculated by the RAMQ's Service de la contribution et de l'aide financière.

If you are currently in hospital and waiting for a spot, at the end of your stay (once you have been discharged), you must pay the applicable fees set out in the *Act respecting the Régie de l'assurance maladie du Québec* and for the public facility chosen for you.



Useful resources

Information about the contribution amounts is available on the following website: ramq.gouv.qc.ca/en/citizens/aid-programs/accommodation-a-public-facility

Contact information

If you have any questions about the process and admission to long-term housing, contact your case worker.

Case worker's name: _____

Contact information: _____

Can't remember who your case worker is?
Call the GASSA at **1-833-774-2772** and someone will transfer you to the person assigned to your case.

We understand this is a major transition in your life. Rest assured we are here to support you and your family at every step of the way.



Questions

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