

Appendix A: Some Housing Resources in Selected Canadian Cities

Below is a list with examples of housing resources in the following cities, illustrating various urban municipalities across Canada. Note that we only provide three examples of selected types of resources for each city and the rates listed (if provided) are based on what was reported to us at the time of data collection. Inclusion on this list does not indicate an endorsement by AIDE Canada. Rates and estimates for each region are constantly changing, so it is important to independently verify all services offered and costs associated with each organization. We are not responsible for the accuracy of this information.

- Calgary
- Halifax
- Montreal
- St. John's
- Toronto
- Vancouver
- Winnipeg

CALGARY

Calgary – Cost of having support staff for 4hrs a day (relevant to both the “Community Living with wrap-around supports” and “Community Care [Group Home/Home Collectivity]” housing options)

1. Comfort Keepers Calgary

Comfort Keepers Calgary provides in-home health care services in Calgary.

+1 403 228 0072

Rates: \$35 p/h*4 = \$140

2. Samaritan Caregivers

Samaritan Caregivers Inc is a company that provides non-medical home care services in Calgary and surrounding areas. The services are for individuals of all ages.

<https://www.samaritancaregiver.com/>

+1 403 991 5202

Rates: \$34-37 p/h*4 = \$136-148

3. The Compassion Network

The Compassion Network provides in-home health care services to help people thrive and function in their own homes regardless of age or health challenges.

<https://www.compassionnetwork.ca/>

+1 877 432 1676

Rates: \$34.50 p/h*4 = \$138

Residential Settings in Calgary (relevant to “Community Living with wrap-around supports”, “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Aspires Housing Group of Calgary

The Aspires Housing Group provides families with mutual support and opportunities to network while working to develop family-driven housing solutions.

https://sinneavefoundation.org/sinneave_work_item/aspires-housing-committee-calgary/

+1 403 210 5000

2. Above and Beyond Care

This group provides residential housing, respite, community and recreational activities, and professional aid that caters to an individual’s needs.

<https://www.aboveandbeyondcare.ca/index.php>

+1 403 616 2731

Rates: Individuals with lower support needs between \$90,000-\$150,000, Individuals with high support needs up to \$500,000 per year

3. Resicare Society of Calgary

Community Based Residential Services are offered based on consideration of client need and interest and available resources.

<http://www.resicare.org/>

403-286-3709

Rates: \$10,800 per year

Affordable Housing Calgary (relevant to “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Horizon Housing

Horizon Housing provides homes to families and individuals from a variety of backgrounds and experiences, including people living with mental health challenges, brain injuries and physical disabilities as well as individuals and families living below the poverty line.

<https://www.horizonhousing.ab.ca/about/our-tenants/>

+1 403 297 1746

Rates: Average rent for a one-bedroom apartment is \$486 per month

2. Home Space: Legacy on 5th

Home Space is a charitable real estate developer, rental housing owner, and property manager. They provide housing in over 30 properties throughout Calgary and work with social service agencies who provide supports to residents.

<https://homespace.org/properties/downtown-legacy-on-5th/>

+1 587 320 1545

Rates: Average rent for a one-bedroom per month is \$800

3. Forward Housing: Bishop’s Manor

Bishop’s Manor supports tenants from a wide range of backgrounds and experiences.

<https://forwardhousing.ca/about-forward-housing/>

+1 403 282 6565

Rates: Average rent for a one-bedroom per month is \$600

House Purchase Calgary: Based on a 3 bed/3 people sharing (relevant for "Community Care [Group Home/Home Collectivity]" housing option)

Average cost of a home: \$547,720

30-year mortgage split 3 ways: $\$2923.13/3 = \974.38 each per month

Average cost of hourly support staff: \$35

Average cost of cleaners: \$30 p/h

HALIFAX

Halifax – Cost of having support staff for 4hrs a day (relevant to both the "Community Living with wrap-around supports" and "Community Care [Group Home/Home Collectivity]" housing options)

1. Always Home Homecare

Always Home Homecare offers hourly home care services to help with personal care assistance and lifestyle support in Halifax and surrounding areas.

<https://alwayshomecare.ca/our-services/>

+1 855 904 4400

Rates: $\$31\text{p/h} * 4 = \124

2. Home Instead

Home Instead offers a variety of in-home care options to support independence not only for seniors, but for anyone needing assistance and respite care.

<https://www.homeinstead.ca/location/3008/home-instead-about-us/history-mission/>

+1 902 800 7552

Rates: $\$37.50\text{p/h} * 4 = \150

3. Comfort Keepers

Comfort Keepers provides in-home care to clients who need help with the activities of daily living.

<https://www.comfortkeepers.ca/halifax/>

+1 902 446 4545

Rates: \$35-42.50 *4 = \$140-165

Residential Settings in Halifax (relevant to “Community Living with wrap-around supports”, “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Community Living Centres

Community Living Centres help individuals move from institutional settings back into their chosen communities.

<https://communitylivingcentres.com/about-us>

+1 902 492 0681

2. Metro Community Housing

Metro Community Housing Association operates group homes in the Halifax / Dartmouth area which provide twenty-four-hour staff support for the eight to ten people who reside in each of the homes.

<https://www.mcha.ns.ca/services-homes.html>

+1 902 453 6444

3. Colonial Homes

Colonial Community Services Limited has homes located throughout the Halifax Regional Municipality. They provide several options when individuals cannot live independently without supervision and support. They provide residential care settings and small option homes.

<https://www.colonialhomes.ca/about-us/>

+1 902 420 0697

Affordable Housing Halifax (relevant to “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Harbour City Homes

Provides affordable housing in the downtown Halifax area.

<https://www.harbourcityhomes.org/>

+1 902 490 6277

2. Affordable Housing Association Nova Scotia

Affordable Housing Association Nova Scotia is a non-profit housing developer and provider.

<https://www.ahans.ca/>

+1 902 406 4276

3. Housing Nova Scotia

Housing Nova Scotia is the provincial government agency responsible for the administration and delivery of affordable housing solutions for low-to modest income Nova Scotians. They work closely with other levels of government as well as private and community partners to develop a wide range of affordable housing options along the housing continuum.

<https://housing.novascotia.ca/>

+1 844 424 5110

House Purchase Halifax: Based on a 3 bed/3 people sharing (relevant for “Community Care [Group Home/Home Collectivity]” housing option)

Average cost of a home: \$459,200

30-year mortgage split 3 ways: $\$2,450.71/3 = \816.90 each per month

Average cost of hourly support staff: \$35p/h

Average cost of cleaners: \$30p/h

MONTREAL

Montreal – Cost of having support staff for 4hrs a day (relevant to both the “Community Living with wrap-around supports” and “Community Care [Group Home/Home Collectivity]” housing options)

1. Home Care Assistance

Home Care Assistance offers flexible care schedules where clients have the opportunity to choose daytime, night or weekend care schedules.

<https://www.homecareassistancemontreal.ca/our-caregivers.html>

+1 514 612 2837

2. ParaMed

ParaMed offers a range of customized services designed to meet individual client needs, allowing clients to remain in their own home or environment of choice with as much independence as possible.

<https://www.paramed.com/services/help-at-home/>

+1 905 470 4000

3. Care.com

Care.com provides a range of support and resources to assist clients based on their needs.

<https://www.care.com/en-ca/profiles/special-needs/autism-care/montreal>

membercareca@care.com

Residential Settings in Montreal (relevant to “Community Living with wrap-around supports”, “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Compagnons de Montréal

Compagnons de Montréal is a non-profit organization that provides stimulating living, learning and inclusion environments for adults living with an intellectual disability or autism spectrum disorder.

info@compagnonsdemontreal.com

+1 514 727 4444

2. Treiser Maison Shalom

Treiser Maison Shalom is a professionally run group home where people with intellectual, emotional and physical disabilities are cared for in a family-style atmosphere. The homes (2 duplexes) have permanent residents and also care for a large number of young adults, providing short- and long-term relief for families of individuals with special needs.

<https://treisermaisonshalom.com/>

+1 514 738 8708

3. Miriam Home and Services

The Miriam Home and Services Residential Program offers a continuum of unique community living arrangements in accordance with the needs and abilities of clients. Some housing is adapted to meet the needs of individuals who may also have multiple physical disabilities. They can offer support in the form of community-based homes, intermediate and family-type resources, and supervised apartments.

<http://www.centremiriam.ca/en>

+1 514 345 0210

Affordable Housing Montreal (relevant to “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Kehilla Montreal

Kehilla Montréal Residential Programs offers affordable housing by leveraging government funded programs and private partnerships.

<https://kehillamontreal.org/>

+1 438 789 3197

2. Office Municipal d'habitation de Montréal (OMHM)

The OMHM manages and administers housing and housing programs to low-income families and individuals and offers social and community activities.

<https://www.omhm.qc.ca/fr/a-propos-de-nous>

+1 514 872 6442

Rate: The rent for these dwellings is established at 25% of the household income. They are offered to households that meet the eligibility criteria.

3. Société d'habitation et de développement de Montréal (SHDM)

SHDM provides below market rental units and personalized services offered by partner organizations.

<https://www.shdm.org/en/renters/overview/>

+1 514 380 7436

House Purchase Montreal: Based on a 3 bed/3 people sharing (relevant for "Community Care [Group Home/Home Collectivity]" housing option)

Average cost of a home: \$550,000

30-year mortgage split 3 ways: $\$2935.30/3 = \978.43 each per month

Average cost of hourly support staff: \$25

Average cost of cleaners: \$22 p/h

ST. JOHN'S

St. John's – Cost of having support staff for 4hrs a day (relevant to both the "Community Living with wrap-around supports" and "Community Care [Group Home/Home Collectivity]" housing options)

1. Bayshore HealthCare

Bayshore HealthCare provides help with grocery shopping and errands, post-surgical care, in-hospital observational care, and provides 24/7 services to youths and adults with developmental delays.

<https://www.bayshore.ca/locations/bayshore-home-health-st-John's-nl/>

+1 877 289 3997

2. Helping Hands Home Care Services Ltd.

Helping Hands provides home health services, including home support and nursing services.

<https://www.facebook.com/HelpingHandsHomeCareCA/>

+1 709 754 3395

3. Compassion Home Care

Compassion Home Care provides services from as little as a few hours to 24 hours a day.

<http://compassionhomecare.ca/>

+1 800 563 1588

Residential Settings in St. John's (relevant to "Community Living with wrap-around supports", "Semi-independent living/light supports", or "Supportive Roommates" housing options)

1. AXIS Family Resources

Axis Family Resources provide staffed homes and offer up to 24/7 support based on individual needs. Front-line staff are supported by leadership teams in each community, and agency-wide support.

<https://axis.bc.ca/services/specialized-supportive-housing/>

+1 877 392 1003

2. The Arc of St. John's

Arc of St. John's operates residential homes and highly specialized care, including support for individuals requiring nursing care.

<https://www.arcsj.org/services/residential-care-living/>

+1 904 824 7249

3. Stella's Circle

Stella's Circle addresses the need for affordable housing for people who face barriers by offering housing units to rent and supportive housing.

<https://stellascircle.ca/need-help/real-homes/>

+1 709 738 8390

Affordable Housing St. John's (relevant to "Semi-independent living/light supports", or "Supportive Roommates" housing options)

1. St. John's Non-Profit Housing

The City of St. John's Non-Profit Housing Division is responsible for the management of 476 residential rental units throughout the city. These houses and apartments vary in size from one to four-bedroom units and are available for rent to low-income earners based on their family net income. Net income is defined as gross income minus mandatory income tax deduction, EI and CPP deductions.

<http://www.stJohn's.ca/living-st-John's/city-services/non-profit-housing>

+1 709 576 8196

Rates: Studios starting at \$750 per month, 1 bed starting at \$800 per month

2. Grenfell Court

Grenfell Court offers affordable housing with amenities.

<https://www.rentnorthview.com/apartments/grenfell-court>

+1 709 757 2787

Rates: 1 bed, 1 bath starting at \$800 a month

3. Wyndwood Heights

Wyndwood Heights offers affordable housing with amenities.

<https://www.rentnorthview.com/apartments/wyndwood-heights>

+1 709 757 2787

Rates: 1 bed,1 bath starting at \$885 a month

House Purchase St. John's: Based on a 3 bed/3 people sharing (relevant for "Community Care [Group Home/Home Collectivity]" housing option)

Average cost of a home: \$371,970

30-year mortgage split 3 ways: $\$1985.17/3 = \661.72 each per month

Average cost of hourly support staff: \$35p/h

Average cost of cleaners: \$30p/h

TORONTO

Toronto – Cost of having support staff for 4hrs a day (relevant to both the "Community Living with wrap-around supports" and "Community Care [Group Home/Home Collectivity]" housing options)

1. Comfort Keepers Toronto

Comfort Keepers Toronto provides in-home health care services in Toronto.

<https://www.comfortkeepers.ca/toronto/>

+1 416 800 2535

Rates: \$35 p/h *4 = \$140

2. Above and Beyond Home Care

Above and Beyond provides in-home care.

<https://aboveandbeyondhomecare.ca/>

+1 866 466 9091

Rates: \$25-35 p/h *4 = \$100-140

3. Angels Home & Community Care

Angels Home & Community Care provides specialized care at home or in a care setting to address a variety of needs and support requirements.

<http://www.angelshome.ca/>

+1 647 380 3242

Rates: \$16-21*4 = \$64-84

Residential Settings in Toronto (relevant to “Community Living with wrap-around supports”, “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Burnview Crescent Group Home

Burnview Crescent is a group home with 24-hour on-site personal care and support services to assist adults with multiple physical and developmental disabilities aged 18 years and over who are able to direct their own care.

information@phtpa.ca (No website)

+1 416 439 3226

Rates: Primarily funded by ODSP > Rent portion is \$1021 p/m Province covers the ‘care’ portion

2. SurexCare

SurexCare provides community support services and residential long-term care to adults with a developmental disability and dual diagnosis (developmental and behavioral problems). They also offer adult day programming that includes recreational activities, educational training, social and life skills development, emotional support, and community events.

<http://www.surexcare.com/>

+1 416 469 4109

3. L'Arche Toronto

L'Arche Toronto provides long term residential care in community settings as well as programming and workshops for independent living.

<http://www.larchetoronto.org/>

+1 416 406 2869

Rates: Primarily funded by ODSP > Rent portion is \$1021 p/m Province covers the 'care' portion

Affordable Housing Toronto (relevant to "Semi-independent living/light supports", or "Supportive Roommates" housing options)

1. St. Clare's

St. Clare's is a charitable organization that provides mixed-income housing in downtown Toronto. Most tenants pay a rent-geared-to-their-income; others pay market rent for their apartments.

<http://www.stclares.ca/>

+1 416 961 2444

2. Wigwamen

Wigwamen Incorporated is Ontario's oldest and largest urban Indigenous housing provider offering affordable housing to thousands of Indigenous and non-Indigenous families, singles, and seniors.

<http://www.wigwamen.com/>

+1 416 481 4451

3. Portland Place Non-Profit Housing Corp

Portland Place is a non-profit housing corporation that provides rent geared to income housing with programs and supports for individuals with a wide range of needs.

<https://pccweb.ca/portlandplace/>

+1 416 703 0652

House Purchase Toronto: Based on a 3 bed/3 people sharing (relevant for "Community Care [Group Home/Home Collectivity]" housing option)

Average cost of a home: \$1.3 million

25-year mortgage split 3 ways: $\$6397.98/3 = \2132.66 each per month

Average cost of hourly support staff: \$30 p/h

Average cost of cleaners: \$40 p/h

VANCOUVER

Vancouver – Cost of having support staff for 4hrs a day (relevant to both the "Community Living with wrap-around supports" and "Community Care [Group Home/Home Collectivity]" housing options)

1. Comfort Keepers

Comfort Keepers provides in-home care to clients who need help with the activities of daily living.

<https://www.comfortkeepers.ca/vancouver/>

+1 604 200 7893

Rates: $\$40\text{p/h} * 4 = \160

2. Nurse Next Door

Provides in-home companion care for a wide range of needs.

<https://www.nursenextdoor.com/>

+1 604 961 5533

Rates: $\$38-45 * 4 = \$152-180$

3. Homecare Assistant

Home Care Assistance provides flexible in-home care for a range of needs and services.

<https://www.homecareassistancevancouver.ca/>

+1 778 279 3634

Rates: \$40-\$37.5 * 4 = \$160-150

Residential Settings in Vancouver (relevant to “Community Living with wrap-around supports”, “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. North Shore Connexions Society

ConneXions supports individuals with living with intellectual disabilities across North Vancouver. Three to five people live together as roommates in each home while staff provide support. Residents are encouraged to be included in the community and many have jobs, volunteer, attend day programs, and/or participate in local groups.

<https://nsconnexions.org/>

+1 604 984 9321

2. Developmental Disabilities Association

Developmental Disabilities Association has residences across Vancouver to accommodate a diverse population of adults through site-specific environmental design and personalized supports targeting identified areas of need. Staffing is provided on a 24-hour, 7 day a week model, with the level of intensity varying with needs.

<https://www.develop.bc.ca/programs/adult-services/#residential>

+1 604 233 5486 Taja

3. Greater Vancouver Community Services Society (GVCSS)

GVCSS operates homes in the Lower Mainland for adult individuals with developmental disabilities. Located in residential neighborhoods in Vancouver, Richmond, and North

Vancouver, each home is designed to facilitate the individuals' independence and community involvement.

<https://www.gvcss.bc.ca/communitylivingprogram.htm>

+1 604 714 3507

Rates: \$100,000 yearly

Affordable Housing Vancouver (relevant to "Semi-independent living/light supports", or "Supportive Roommates" housing options)

1. Aspen, 188 East 6th Ave

This mixed-use affordable housing building is a partnership between Catalyst and the [Vancouver Affordable Housing Agency \(VAHA\)](#). A portion of the units are set aside for adults with developmental disabilities. Residents who are not able to live without additional support either pay for additional support staff or live with roommates to help foster independent living skills.

<https://catalystcommdev.org/renters/aspen>

Rate: Studio \$1000 p/m

2. PALS Adult Services Society (PASS)

PASS provides day programs and long-term affordable rental units for individuals with developmental disabilities and their caregivers. They provide programming and coordination to encourage interdependence, provide community oversight, facilitate respite, and minimize isolation.

<https://www.passadultservices.ca/housing>

+1 604 872 7257 lauren.c@passadultservices.ca

3. BC Housing -Supportive Housing

BC Housing- Supportive Housing is a non-profit housing provider that operates supportive housing units. Supportive housing provides a range of on-site, non-clinical supports such as: life skills training, connections to health care, mental health or substance-use services. Staff are on-site 24/7 to provide support.

<https://www.bchousing.org/housing-assistance/housing-with-support/supportive-housing>

+1 604 433 2218

Rates: \$480-780 for a studio

House Purchase Vancouver: Based on a 3 bed/3 people sharing (relevant for "Community Care [Group Home/Home Collectivity]" housing option)

Average cost of a home: \$1.3 million

30-year mortgage split 3 ways: $\$6397.98/3 = \2132.66 each per month

Average cost of hourly support staff: \$40 p/h

Average cost of cleaners: \$30 p/h

WINNIPEG

Winnipeg – Cost of having support staff for 4hrs a day (relevant to both the "Community Living with wrap-around supports" and "Community Care [Group Home/Home Collectivity]" housing options)

1. Home Care Assistant

Home Care Assistance offers flexible in-home care and services depending on individual needs.

<https://www.homecareassistancewinnipeg.ca/>

+1 204 819 4068

2. Just Like Family Home Care

Just Like Family Home Care provides overnight & live-in care, home support, and companionship to support individuals with a range of needs.

<https://winnipeg.justlikefamily.ca/>

+1 204 894 2519

3. Home Instead

Home Instead provides personalized in-home care to assist with independent living skills and support needs.

<https://www.homeinstead.ca/location/3021>

+1 204 800 8102

Residential Settings in Winnipeg (relevant to “Community Living with wrap-around supports”, “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. Arcane Horizon Community

Arcane Horizon Community connects individuals with residences, day programs, home sharing, and/or supported independent living services across Winnipeg. Individuals in residential living have 24-hour access to supports.

<http://www.arcanehorizon.org/about>

+1 204 897 5482

2. DASCH Inc.

DASCH Inc. supports people living in over 50 homes throughout Winnipeg. People can participate in personalized social, educational, vocational and recreational services that provide learning opportunities and greater independence.

<https://www.dasch.mb.ca/about-dasch/>

+1 204 987 1550

3. New Directions

New Directions offers Shift Staffed Homes (SSH) to provide 24-hour residential support for adults labeled with an intellectual disability. New Directions offers additional resources for a variety of social, emotional, and physical needs.

<https://newdirections.mb.ca/>

+1 204 786 7051

Affordable Housing Winnipeg (relevant to “Semi-independent living/light supports”, or “Supportive Roommates” housing options)

1. S.A.M Management Inc.

S.A.M. (Management) Inc. is a non-profit property management corporation that provides property management in partnership with organizations offering affordable housing options in the community.

<https://www.sam.mb.ca/>

+1 204 942 0991

2. Centennial Community Improvement Association

Construction on a three-storey, 47-micro-suite apartment building is planned. Some of the affordable housing units have been set aside for individuals with disabilities.

<http://www.centennialneighbourhood.com/home-first-winnipeg.html>

+1 204 806 5939

3. MUSE Flats (Affordable Housing Program 1)

The MUSE Flats are affordable units in Winnipeg. No additional services are offered. All utilities included. The current waitlist is estimated to be 2-3 years.

<https://www.museflatswinnipeg.ca/floorplans/affordable-housing-program-1-units>

+1 204 262 1038

Rates: Studio starting at \$830 / 1 Bed starting at \$1008

House Purchase Winnipeg: Based on a 3 bed/3 people sharing (relevant for “Community Care [Group Home/Home Collectivity]” housing option)

Average cost of a home: \$401,000

30-year mortgage split 3 ways: $\$2140.10/3 = \803.37 each per month

Average cost of hourly support staff: \$ estimate not available

Average cost of cleaners: \$25p/h