



What is **SDL?**

Supports for Daily Living (formerly Supportive Housing) provides access to 24-hour practical assistance with the essential activities of daily living that one cannot perform due to permanent physical limitations or impairments. Individuals appropriate for **SDL** services reside in their own homes in either designated buildings or designated neighbourhoods within the Mississauga Halton LHIN boundaries.

SDL Service Features:

- ✓ 24hr Urgent /On-call Response
- ✓ 24hr Pre-scheduled services (7 days per week, 365 days per year)
- ✓ Security checks (via regular contact through intermittent visits)
- ✓ Non-medical services
- ✓ Skilled Personal Attendants or Personal Support Workers (PSW's)

SDL Service Offerings:

Personal Support Services:

Personal Hygiene Activities:

- ✓ Washing, bathing, mouth care, hair care, preventive skin care, changing dressings (not wound care), routine hand and foot care

Personal Routine Activities of Daily Living:

- ✓ Transferring/positioning, turning, dressing/undressing, assistance with eating, toileting (changing briefs, emptying/change leg bag, bowel routine), medication reminders and/or assistance (pre measured), and assistance with range of motion exercises.

Home Help Services:

- ✓ Light dusting, sweeping, vacuuming, mopping floors, washing dishes/countertops, cleaning and disinfecting bathrooms, cleaning mirrors.
- ✓ Laundry, paperwork, menu planning, meal preparation

Attendant Services:

- ✓ Combination of Personal Supports and Homemaking services offered at clients preferred pre-determined time and pre-determined task they cannot physically do for themselves.

SDL Eligibility Criteria:

✓ 65 Years of age or older (current initiatives are directed at the seniors population)
✓ Insured under OHIP
✓ Demonstrates a need for intermittent Personal Support/Attendant Services provided throughout a 24hr period
✓ InterRAI-HC or InterRAI-CHA Assessment MAPLe score of 3 or higher
✓ Personally (or through readily available SDM) able to direct own service/care (yes or no response)
✓ Medically stable or able to have their medical needs met by professionals in the community (i.e. CCAC, family physician etc.)
✓ Able to be left alone between visits (i.e. does not need constant supervision by SDL service)
✓ Agreeable/compliant with their service plan
✓ Care/support required equals approximately 1.5 hours per day (including prompting, cueing, physical assistance etc.)

SDL Exclusion/Discharge Criteria:

× Has an InterRAI-HC or InterRAI-CHA MAPLe score of 2 or lower
× Requires 24hr supervision (i.e. cannot be left alone between visits)
× Requires more/less support than the SDL provider min/max limits
× Need for homemaking services exceeds the need for Personal Support (or requires only homemaking)
× Poses risk to self and/or others (ie. Due to risk of wandering or behavioural concerns)
× Requires specialized mental health/behavioural supports
× Medically unstable (requires medical care that cannot be provided within the community)
× Needs can be better met through other options (i.e Community Support Services, CCAC)
× Non-compliant with service plan
× Services cannot be delivered safely (ie. due to lack of equipment or physical/social environment)

SDL Referral Information:

A centralized **SDL** Systems Manager is available to assist with referrals to **SDL** services within the MH-LHIN Boundaries. The **SDL** Systems Manager maintains the central registry and is knowledgeable about each **SDL** Provider and their respective service availabilities.

Central Registry
c/o Nucleus Independent Living
Phone: 905.281.4443
Fax: 905-337-0770

