

RESOURCES ACROSS NIAGARA

HOUSING

Niagara Region Hostels and Homelessness Prevention

www.niagararegion.ca

Search: housing help

Learn about a list of organizations offering services and programs to help with housing needs

Niagara Regional Housing

www.nrh.ca

905-682-9201

Offers affordable, accessible, and quality housing for Niagara residents who have difficulties affording housing

LEGAL STATUS/ IMMIGRATION

Newcomers to Niagara

www.niagaraimmigration.ca

Provides information on programs and services for recent immigrants or individuals who are looking to settle in Niagara

Legal Aid Ontario:

www.legalaid.on.ca

1-800-668-8258

Legal aid services for low income individuals

MONEY

Niagara Region – Social Assistance and Employment Opportunities

www.niagararegion.ca

Search: social assistance

905-641-9230

Connects people to income and employment programs offered through Ontario Works

Service Canada

www.servicecanada.gc.ca

1-800-622-6232

Federal programs for all citizens, for every major life event, Employment Insurance (EI), Canada Learning Bond (CLB), applying for Goods & Services Tax (GST) credit and Canada Child Tax Benefit

Ontario Trillium Benefit

www.fin.gov.on.ca Search: trillium benefit

1-866-668-8297

Provides relief to individuals with a low to moderate income

Canada Benefits

www.canadabenefits.gc.ca

1 800 O-Canada (1-800-622-6232)

Federal benefits such as Employment Insurance (EI), education and training, housing, health, business and provides links to relevant program websites and application forms

Ontario Drug Benefit Program

www.health.gov.on.ca

Search: drug benefit program

1-866-532-3161

Assistance to people unable to afford medications

Community Volunteer Income Tax Program (CVITP)

www.cra-arc.gc.ca/volunteer/

1-800-959-8281 or

204-989-1912 (Feb. - May)

Free assistance to help with tax returns for low income individuals

LEARNING

Ontario Early Years Centres

www.children.gov.on.ca

Search: early years centres

1-866-821-7770

Programs and activities for children under six and their parents. Learn about local parenting and family literacy centres

Learning Disabilities Association of Niagara Region

www.ldaniagara.org Go to: programs

905-641-1021

List of programs to support children, youth and adults with learning disabilities

Jumpstart

<http://jumpstart.canadiantire.ca/en/>

1-877-616-6600

Helps cover registration, equipment and/or transportation costs for financially disadvantaged children in organized sport or recreation

ProKids

www.niagararegion.ca

Search: ProKids

905-984-3750 or

1-800-263-7215 ext. 3797

Financial assistance for the participation of eligible children and youth in the sport, recreational or cultural activity of their choice

PERSONAL NEEDS

Niagara Region – Child Care and Assistance

www.niagararegion.ca

Search: child care

905-984-3750 or 1-800-263-7215

- Assistance finding – Licensed child care centres, home care programs, full day learning
- Financial assistance – Child care, recreation/sports, children with special needs, dental

Niagara Region – Parent Talk Line

www.niagararegion.ca

Search: parent talk line

905-688-8248 or

1-888-505-6074 ext. 7555

Telephone information line that gives parents the chance to speak to a public health nurse about any parenting issues. Also, a referral resource for physicians.

Niagara Region – Programs for Seniors

www.niagararegion.ca

Search: seniors

905-984-2621 or 1-877-212-3922

- Long-Term Care Homes – Homes for people who need nursing and/or personal care
- Seniors Programs include adult day service, supportive housing, elder abuse prevention, exercise programs

Niagara Nutrition Partners

www.niagananutritionpartners.ca

Provides information on coordinated nutrition programs in elementary and secondary schools

211 can help you find resources around money, housing, food, childcare, personal needs and many other issues. Available 24 hours a day, 365 days a year.

www.informationniagara.com

(search or call 211)

When you don't know where to turn.™

211

® MD

POVERTY

Poverty is a health risk, equivalent to hypertension, high cholesterol, and smoking. Therefore, it is best to factor poverty into clinical decision-making like other risk factors.

Three ways to address poverty in primary care:

SCREEN:

You can ask, "Do you ever have difficulty making ends meet at the end of the month?" (Sensitivity 98%, Specificity 64% for living below the poverty line)

ADJUST RISK:

Some examples of how the evidence might change your practice:

- a. If an otherwise healthy 35 year old comes to your office, without risk factors other than living in poverty, you can consider ordering a screening test for diabetes.
- b. If an otherwise low-risk patient who lives in poverty presents with chest pain, this elevates your pre-test probability of a cardiac source and helps determine how aggressive you are in ordering investigations.

INTERVENE:

Refer to reverse to know what interventions your patients may be entitled to.

MCSS* ONTARIO DISABILITY SUPPORT PROGRAM (ODSP)¹

K050 Health Status Report and Activities of Daily Living Index (completion of amalgamated forms)	\$100
K051 Health Status Report (completed separately)	80
K052 Activities of Daily Living Index (completed separately)	20
K054 Mandatory Special Necessities Benefit Request Form	25
K055 Application for Special Diet Allowance	20
K056 Application for Pregnancy/Breast-feeding Nutritional Allowance	20

MCSS ONTARIO WORKS PROGRAM (OWP)¹

K053 A Limitation to Participation Form	\$15
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*Ministry of Community and Social Services

¹Ministry of Health and Long-Term Care SOB October 1, 2013



"All children deserve the right of full participation in community life"

– Dr. Dan Offord

CHILD POVERTY

Infant mortality is 60% higher in lowest income quintile neighbourhoods. As a health care professional, you can help address this potentially modifiable risk factor and reduce disparities.

Children living in poverty are more likely to experience low birth weight, learning difficulties, mental health problems, iron deficiency anemia, asthma, burns and injuries, obesity and hospitalization than their more affluent peers.