

Long-term care costs

In Quebec 2020

Residential Facilities

How Nursing Homes are organized and administered

Nursing homes or *centres d'hébergement et de soins de longue durée (CHSLD)*, as they are called in Quebec, are residential facilities that provide 24-hour professional nursing care and supervision in a protective, supportive environment for people who have complex care needs and can no longer be cared for in their own homes.

Admissions to subsidized nursing homes or beds (subsidized beds within a private nursing home) are managed by Local Community Service Centres called *Centres locaux de service communautaire (CLSC)* in Quebec. If a client currently living at home wants to apply for admission into a CHSLD, he/she must contact their local CLSC. Alternatively a relative or friend of the client can make the request for admission on his/her behalf. In the case of a client who is hospitalized, the hospital will undertake the request of admission into a CHSLD on the client's behalf. In both cases, a social worker or nurse from the CLSC will conduct an assessment of the client's physical & mental capacities. A medical evaluation is also undertaken by the client's doctor.

Costs	
Room Type	Monthly Rate
Ward (3 beds or more)	\$1,211.70
Semi-private	\$1,626.30
Private	\$1,946.70

How Private Nursing Homes are organized and administered

A client may choose to live in a private nursing home and pay the full fees charged by the individual nursing home. Each individual private nursing home is in charge of its own admissions procedure, waiting lists and fees.

Costs	
Room Type	Monthly Rate
Private Room	\$3,800.00 - \$8,660.00

How Retirement Homes are organized and administered

A retirement home in Quebec is a multi-residence housing facility that provides accommodation and services such as meals and cleaning services for older people. Retirement homes in the province are privately owned and operated and not administered by the provincial government. Each facility usually provides a private or semi-private room or complete living suite and then also provides common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Costs	
Room Type	Monthly Rate
Private Room	\$745.00 - \$4,250.00
One Bedroom Suite	\$895.00 - \$5,000.00

Admission, fees and waiting lists for retirement homes are controlled by the homes themselves, not by the government. Admission usually depends on the ability to pay and absence of serious medical conditions that require professional nursing care. Residents are responsible for paying their own fees and government subsidies are not available for accommodation in a retirement residence.

Home Care

How Government -subsidized home care is organized and administered

Subsidized Home support services are designed to help clients remain independent and in their own home for as long as possible. Home support provides personal assistance with daily activities, such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home. They also provide medical care such as skilled nursing and occupational therapy in the home.

To apply for subsidized home care a client must contact his/her Local Community Service Centres called *Centres locaux de service communautaire (CLSC)* in Quebec. The CLSC will conduct an assessment to determine the needs of the client. If home support assistance is recommended, the CLSC will help the client determine the assistance that will best suit their needs and will make the necessary arrangements.

The maximum number of home care hours per week provided by the CLSC is usually 15 hours, following assessment of needs by the CLSC.

Costs

All services are free except for housekeeping, meal delivery, home repairs and required equipment, such as assistive bathtub bars.

Private home care - no government subsidy

CLSC resources are limited and go to the neediest. As a result many clients get inadequate amounts of CLSC services and have to rely on private home care services to receive the appropriate amount of care.

Costs

Type of Service	Provincial Rate (per hour)
In home meal preparation	\$12.00 - \$37.00
Personal Care (bathing/dressing)	\$12.00 - \$37.00
Skilled Nursing*	\$28.00 - \$90.00
24-hour live-in care	Not Available

** Fees listed are for RNs however, these fees may vary depending on the type of nurse, such as a Registered Nurse (RN) or a Licensed Practical Nurse (LPN), delivering the care.*

How adult day care programs work

Adult day programs are designed for dependent adults/seniors, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Monday through Friday (some on Saturday as well). They provide a secure, caring and positive setting for those who are experiencing memory loss, communication disorders, social isolation or physical disabilities. Nutritious lunch meals are provided which usually accommodate any special diet, along with an afternoon snack. Participants need to be mobile, with the possible assistance of a cane, walker or wheelchair. Adult day programs can be public or private, non-profit or for-profit.

Adult day programs in Quebec are managed and operated by and accessed through the CLSC. Seniors pay daily fees to cover part of meals & activities.

Costs

	Daily Rate
Does not include meals or transportation	No charge

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