

Retirement Living at Unitarian House

Information Package



On a beautiful, treed and tranquil property alongside the Ottawa River sits Unitarian House of Ottawa a not-for-profit retirement residence for seniors. In a secure and caring environment, Unitarian House offers residents maximum independence with opportunities for personal fulfillment and companionship. The tasteful décor and warm, welcoming atmosphere of “our Home” reflects the genuine pride of its close-knit community of residents, staff and volunteers.

Mission Statement

To continue to provide a not-for-profit residence for seniors where, in a secure and caring environment, residents will have maximum independence, opportunities for personal fulfillment, companionship and participation in a dynamic, collaborative community of residents, staff and management.

Unitarian House was built in 1984 and is a Canada Mortgage and Housing (CMHC) project and is a “Care Home” within the meaning of the Residential Tenancies Act, 2006. Rents are set by the City of Ottawa rent control guidelines.

License # N0101: Issued by the Retirement Homes Act 2010 on December 7th 2012

Licensee Name: Unitarian House of Ottawa

Service are provided in English

**Unitarian House is a Smoke Free Environment.
Keep Unitarian House safe and clean, please do not smoke.**

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Retirement Floor Price List

Accommodations	Monthly Charge
Bedsitting Unit	\$3280.00
2 Room Suite	\$3790.00 - \$4900.00 (dependant on size of unit)

(Prices as of January, 1st 2017)

The above prices include the following services

Meals

Three balanced meals are served every day in the Dining Room. Meals are provided based on Canada's Food Guide and rotate on a 5-week schedule that is changed twice a year.

Refreshments are provided between meals and tea is served every day at 3pm and 7pm. Tray service is provided to residents during short-term illness.

Meal Times

7am Continental Breakfast

8am – 9am Breakfast

12pm – 1pm Lunch

5pm – 6pm Dinner

Housekeeping & Laundry

Light cleaning and tidying of each unit is provided daily with major cleaning of each unit at least once a year. Clothing is laundered weekly and as required. Residents may use their own sheets and towels however single bed sheets and towels are offered to residents interested in this service.

Nursing

Registered Nursing staff is on duty 24 hours a day 7 days a week for the administration and supervision of medication, monitoring, counselling, advocacy, pain management, early intervention and daily care assessments. Personal Support Workers are available 24 hours a day 7 days a week. Assistance with bathing is available twice a week if required.

Hydro

Hydro is paid by Unitarian House.

Medical

Residents are encouraged to keep their own physician for as long as possible. If there is a need however, the Director of Care will make arrangements for residents to register with one of the visiting physicians.

Emergency Response System

Each resident is offered an emergency pendant (button) to carry that will, when pressed, alert the nurse on duty. This pendant works anywhere inside the building as well as on the property. An emergency call box with a two-way intercom is available in all resident rooms and common areas. Cameras monitor the Retirement Floor hallways and Entrance.

Activities

Activity staff organizes daily and weekly activities including outings on an accessible van. Unitarian House is also proud to offer various in-house programs run by volunteers and residents. Please see the weekly newsletter for programs and scheduling.

Exercise Program

In house exercise classes are offered three times per week by Family Physio. All residents are welcome to participate free of charge. Classes are held Monday, Wednesday and Friday mornings for 30 minute sessions. Residents are encouraged to choose the class that suits their needs best.

The following services are offered to residents at an additional cost

Services offered by Unitarian House	Cost
Foot Care	\$30.00
Parking	\$38.00/month
INR Testing	\$15.00

Guest Meal Ticket Prices	
Breakfast	\$5.50
Lunch	\$8.50
Dinner	\$13.50
Sunday Dinner	\$15.00

Residents are welcome to invite guests for meals. Reservations can be made at the Reception Desk. (Prices as of June, 1st 2017)

Private Services	Cost
Lab Visit – Life Labs	\$25.00 House call
Hair Dressing “Hers and Sirs Salon”	Rates posted at salon
Individual Assessment and Exercise Program Offered by Family Physio	Private rates
Residents are responsible to set up their own Cable/Internet/Phone	