



**HELITAANKA  
ADIGA AYAA LAGUUGU TALO GELEY!**

**Tilmaamaha Barnaamijka Isticmaalka**

**ee**

**Guryaynta Waayeelka Toronto**

Nuqulka. 1 Nuqulka Waayeelka-2022

## Hordhac

Tilmaamahan waxaa diyaariyay oo qoray Gudida R-PATH, gudi dadka kiraystaasha laxaadka la' ah, oo u ololeeya dadka laxaadka la', si loo xaqiijiyo inay dadka laxaadka la' isticmaali karaan oo ay cad yihiin. Waxaa la diyaariyay iyada oo la iska kaashanayo maamulka Shirkada Guryaynta Waayeelka Toronto (TSHC) iyo Shirkada Guryaynta Bulshada Toronto (TCHC) iyo shaqaalaha si loo qaado talaabooyinka saxda ah ee nidaamka.

Guryaynta Waayeelka Torontowaxaa ka go'an inay u fududeeyaan isticmaalka kiraystayaasha laxaadka la'.. Tilmaamahan waxaa uu u sheegayaa dadka kiraysyaasha ah waxa kiraystayaasha ay samaynayaan si ay u gudbiyaan dalabka waxka bedelka isticmaalka oo waa la buuxin karaa.

Tilmaamahan waxay bixiyaan qiyaasta wakhti iyo macluumaadka talaabooyinka shaqalaaha ay qaadanayaan si aad u dhamaystirto dalabkaag wax ka bedelka ee isticmaalka. Inkasta oo wax ka bedel kastaa uu gaar u yahay sida dalabka qof kastaa uu gaar u yahay, talaabooyin badan oo nidaamka ah waa isku mid. Tilmaamahan waxa ay ku siinayaan kaydka weedhaha iyo xuruufta lasoo gaabiyay, foomamka, iyo sharax talaabo-talaabo ah oo si fudud loo fahmayao oo nidaamka Waxka Bedelka Barnaamijka Isticmaalka Guriga ah.

Kiisaska qaar ayaa u baahan in kiraystuhu uu u guuro dhisme kale maadaama oo ayna jirin meel ku filan oo wax ka badal loogu samayn karo baahiyaha kiraystaha gurigiisa wakhtigani. Nidaamku sidoo kale waxa uu soo saaraa oo uu sharaxaa tilmaamahan. Barnaamijkan waxa uu ku salaysan yahay baahiyada daruuriyaadka caafimaadka ee kiraystaha.

Tilmaamahan waxay kaa caawinayaan inaad la socoto waxka bedelka gurigaaga.

Yoolku tilmaamahani waxaa weeye in la xaqiijiyo in kiraystuhu uu garanayo waxa looga fadhiyo iyo hdmmaan macluumaadka in loo siiyo si joogto ah wixii dalabka qaabilada ah ee kiraysta ah. Tilmaamahan waxaa lagu heli karaa qaab iyo luuqad kale.

La xidhiidh Xarunta Taageerada Kiraystaha:  
[support@torontoseniorshousing.ca](mailto:support@torontoseniorshousing.ca) ama la hadal 416-945-0800

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## Kaydka

**F.M.** : Maamulaha Adeegyada

**Isku Duwaha:** Isku Duwaha Barnaamijyada Isticmaalka

**Maamulida Barnaamijka Adeegyada - Isticmaalka (FPMA):** Kani waxa uu kamid yahay dadka Maamulka Adeegyada ah ee ka masuulka ah inuu suurto geliyo dhismaha wax ka bedelkaaga. Waxay kala shaqayn doonaan ankitektiga iyo shaqaalaha dhismaha. Qofkan waxa uu ku qoraa mashaariicda Horjoogayaasha Barnaamijka Adeegyada.

**Horjoogaha Barnaamijka Adeegyada (FPS) :** Kani waxa uu kamid yahay dadka Maamulka Adeegyada ah oo waxa uu ka masuul yahay qaybta dhismaha wax ka bedelka. Waxa uu la shaqeeyaa FPMA, arkitektiga, iyo shaqaalaha dhismaha. Mashaariicda waxaa ku qora Horjoogaga Barnaamijka Adeegyada ee Maamulaha Barnaamijka Adeegyada - Isticmaalka.

**Kaydka:** Liiska dhamaan dhismayaasha ku yaala TSHC magaalada o dhan ama waxaa loo kala saaray magaca aagaga Northeast, Northwest, Southeast ama Southwest portfolios.

**libka:** Nidaamka loo adeegsado in lagu shaqaalaysiiyo qandaraasle ama lagu iibsado alaab. Nidaamka waxaa ansixiya Gudida.

**S.S.C.** : Isku Duwaha Adeegyada Waayeelka

**Tartan:** Nidaamka waxaa loo adeegsadaa in lagu shaqaalaysiisto arkitektiga iyo shaqaalaha dhismaha si loo xaqiijiyo cadaalada dhamaan qandaraaslayaasha.

**Lambarka Tigidhka:** Kani waxaa weeye lambar tixraac oo loo sameeyo arjigaaga marka aad soo gudbiso. Kani waxaa weeye lambar lamid ah lambarka tixraaca ee loo adeegsyado marka aad usoo hadasho dayactirka. Waxaa weeye qaab loola socdo dalabkaaga. Yaanu kaa lumin lambarkani.

**Waxka Bedelka Guriga:** Kani waxaa weeye dhisme fudud oo wax lagaga bedelayo la taaban karo guri ka badan in lagu sameeyo meelaha la

qabsado. Meelaha la qabsado waxaa ku sameeyaa shaqaalaha dhismaha ee deegaankaaga.

**Qandaraasle:** waa hay'ad ama shir loo shaqaalaysiiyo inay keento alaabaad ama bixiyso adeegyo.



## Talaabada 1 - Naqdinta Tilmaamaha

Waxa aad go'aansatay inaad gurigaaga aad wax ka badal ku samayso si baahidaada caafimaad uu u buuxin karo. Waxa aad ka heshey tilmaamahan Isku Duwahaaga Adeegyada Waayeelka (SSC) ama si toos ah Barnaamijka Isticmaalka. Talaabadaada kowaad waxaa weeye inaad akhrido tilmaamaha si aad aragto sax ah uga hesho waxa xiga ee la filan karo.



## Talaabada 2 - Dalabka Kiraystaha ee Qaabilaada adiga oo gudbinaya Su'aalaha Caafimaadka

Hel Foomka Su'aalaha Caafimaadkaiyo Foomka Ogolaanshaha oo la socda tilmaamahan. Waa inaad u gaysaa bixiyahaaga daryeelka caafimaadka wakhtigan. Liiska bixiyayaasha daryeelka caafimaadka la ogol yahay waxay ka muuqan doonaan foomka. Daryeelka caafimaad

bixiyahaagu ha buuxiyo foomka oo kusoo celi Isku Duwahaaga Adeegyada Waayeelka (SSC). SSC-gaagu waxa uu ku yaalaa bulshada. Waa inaad haysato nuqul su'aalaha caafimaad oo buuxa oo aad meel dhigato. Waa inaad sidoo kael haysato nuqul taariikhda shaambada iyo saxeexda SSC-gaaga oo uu la socdo lambarka tigidhka lagu siiyay markii aad dalbatay.



### Talaabada 3- Gudbinta Foomka Su'aalaha Caafimaadka iyo Foomamka Ogolaanshaha

SSC-gaaga ayaa naqdin doona Su'aalahaaga Caafimaadka iyo Foomka Ogolaanshaha si loo xaqiijiyo inuu buuxo oo la saxeexay. Hadii waraaqahaagu ay buuxaan oo la saxeexay SSCwaxa uu u diri doonaa foomkaaga dalbaka Barnaamijyada Isticmaalka - Isku Duwayaasha 5 maalmood oo shaqo gudahood. Hadii aanu dhamaystirnayn SSC uma diri karto faylkaaga Barnaamijka Helitaanka ilaa inta waraaqaha la dhamaystirayo. Maadaama oo TCHC ay ka masuul tahay fulinta wax ka badalka gurigaaga Foomka Ogolaanshuhu waxay uu u ogolaanayaa Guryaynta Waayeelka Toronto inay la wadaagaan Foomkaaga Caafimaadka shaqaalaha Barnaamijka Isticmaalka ee TCHC.



## Talaabada 4- La Kulan Isku Duwaha - Barnaamijka Isticmaalka

Isku Duwaha Barnaamijyada Isticmaalka ayaa kula soo xidhiidhi doonaa 15 maalmood oo shaqo gudahood kadib marka aad gudbiso Foomkaaga Su'aalaha Caafimaadka. Isku Duwahaagu waxaa weeye qof aad u muhiim ah wax ka bedelkaaga maadaama oo uu yahay cid aad la xidhiidhayso inta uu socdo nidaamka oo dhama. Waxa uu kaa caawin doonaa dhamaan baahiyaha wax ka bedelka ama raritaanka sida loogu baahdo. Marka Isku Duwaha uu kula soo xidhiidho waxa uu kuu qaban doonaa balanta soo socota ee gurigaaga si macluumaad dheeraad ah lagaaga helo si loo xaqiijiyo in wax ka badalka ama raritaanku uu buuxiyo dhamaan baahiyahaaga isticmaalka guriga. Tani waxay noqon doontaa wakahtiga ku haboon ee aad qabsan karto balanta oo Isku Duwaha ayaa ka qayb geli doona.

Inta aad sugayso balantaada Isku Duwaha, waxa aad qortaa dhamaan shaqooyinka maalinlaha ah ee gurigaaga ee kugu adag. Liiskan waxa uu ka caawinayaa Isku Duwaha inuu qiimeeyo baahiyahaaga.

Liiskaagu waxa u eekaan karaa sidan: kani KALIYA WAA TUSAALE

- Ha u wareejin qasabid - baqida dhicitaanka
- Suuligu aad ayuu u hooseeyaa - waxaa loo baahan yahay in kor loo qaado suuliga ama gacmaha la qabsado ee suuliga gudhiisa
- Mahala meel lugaha la dhigan karo bulaacada hooseeda - kuma hoos laabmi karo kursiga cuuryaanku
- Si amaan ah looma gaadhayo qayb kasta oo talaabadaada ah qaybta barafka
- Lama gaadhayo kabadhka madbakha
- Qor dhamaan agabkaaga caafimaadka
- Eeg si aad u aragto hadii aad gaadhi karto fiishashka gurigaaga





# 5

## Talaabada 5 - Barnaamijyada Isticmaalka - Booqashada Guriga Isku Duwaha

Isku Duwaha ayaa leh booqashooyin soo socda oo lagu xaqiijinayo in baahiyahagaa la fahmay oo waxa uu samayn doonaa qiimayn hadii gurigaaga wakhtigan uu meelahay meel ku filan oo lagu samayn karo wax ka badalka si baahiyahaaga loo buuxiyo ama waxa uu kuu sheegi doonaa inaad u guurto guri kale oo ay u badan tahay inuu noqdo dhisme kale. Isku Duwahaaga ayaa kula eegi doonaa arjigaaga oo waxa uu sidoo kael eegi doonaa liiska hawlaha maalintii ee wakhtigan kugu adag. Waxa uu kaa dalban kartaa inaad tusto sababta ama sida aad wakhtigan u samaysato shaqooyinka qaar. Waxa ay eegi doonaan xaaladaha amaanka iyo shaqooyinka meesha wakhtigan. Ha baqan, waxa uu eegayaa si uu u xaqiijiyo inaad hesho dhamaan kaalmada aad u baahan tahay iyada oo amaan ah.

Hadii la ogaado in aad u baahan meel kale oo rasmi ah oo aad degto, Isku Duwaha ayaa kuu sheegi doonaa booqashadan. Hadii aad u baahan in si rasmi ah lagu raro, HA SASIN. Isku Duwaha ayaa kaa caawin doonaa nidaamka oo laguu MA rari doono meel aanad ogolaanin. Waxaa fursad lagu siin doonaa liis dhismayaal ama aag TSHCoo aad ogolaankarto in lagu raro. Fadlan si taxadir leh uga fikir meesha aad doonayso inaad ku noolaato. Guryaha badanaa lagama helo dhismaha wakhtigaa la degan yahay oo waxay noqon kartaa in lagu raro dhismayaasha aad doorbidayso. Isku Duwaha waxa uu ku gelin doonaa liiska sugayaasha u rarida dadka Isticmaalka. Markasta xasuuso in meel kasta oo balaadhan oo ku dhax taala TSHCee aad diyaar u tahay inaad u guurto, oo waxay keeneysaa in hore lagu raro. Sidoo kale tirada qolalka hurdada ee aad u baahan tahay hadii mudada aad sugaysaa dheeraato. Guryaynta

Waayeelka Torontoma laha guriyo badan oo kursi cuuryaandhaqaaqa loogu talo geley, gaar ahaan wixii ka badan 1 qol oo hurdo. Qoysaska badanaa u baahan 2 qof ama wax ka badan waxay galaan liiska sugayaasha oo dheer. Isku Duwaha ayaa la socon doona kaydka guryaha buuxinaya baahiyahaaga aaga aad dooratay.

- Marka guri banaanaado aaga aad doorbidayso ee aad liiska ugu jirto, Isku Duwaha ayaa kula soo xidhiidhi doonaa si aad u aragto guriga. Kadib marka aad eegto guriga iyo hadii ay kugu adkaato, waxa aad u sheegi doontaa Isku Duwaha oo waxay bilaabi doonaa nidaamka raritaanka iyo waraaqaha. Raritaankaaga waxaa qorshayn doonaa Isku Duwaha Barnaamijyada Isticmaalka oo **kharashka waxaa bixin doonaa TCHC.**
- Hadii aad eegto oo AANU buuxin baahiyahaaga, waxa aad la xidhiidhaa Isku Duwaha oo waxa aad u sheegtaa sababta aanu u buuxin baahiyahaaga.
- Waxay kuula soo xidhiidhi karaan guriga la heli karo ee dhismaha ee kuu hdaw laakiin waxaa dhici karta inaad doorbidin. Uma qalmi doontid inaad eegto gurigan oo mid kalena laguma siin doono.
- **Hadii gurigaaga wax ka bedel lagu samayn karo** si aad ugu adeegsan karto baahiyaaga caafimaad, Isku Duwahaaga waxa uu samayn doonaa liiska waxyaabaha wax ka bedelka u baahan, oo waxaa loo shaqaan baaxada shaqada. Waxa ay kula socod siin doonaa inay kula soo xidhiidhi doonaan dhawaan si ay kuugu sheegaan waxa dhici doona iyo qiyaasta wakhtiga ay qaadanayso. Ku dhawaad dhamaan guriyaha ay ku jiraan kiraystayaasha u baahan wax ka badalka waxaa loo rari doonaa si kumeel gaadh ah guriga kale inta dhismuhu socdo. WAAYI maysid GURIGAAGA WAKHTIGAN. Marka aad ka guurto gurigaaga wakhtigan oo guuritaanka soo noqodka waxaa kuu diyaarin doona Isku Duwaha oo kharashka aad dib ugu soo guurayso, kharashka taleefanka, telefiihinka kirada ah iyo internetka dib laguugu soo celinayo waxaa

bixin doonta TCH. Waxa aad kaliya ka masuul tahay kharashka adegyadaada caadiga ah iyo kharashka kirada bishii.

Isku Duwaha ayaa ku buuxin doonaa xaashida Macluumaadkaaga Muhiimka ah ee tilmaamahan oo waxa uu kuu dhigi doonaa meesha aad doorato si aad si fudud ugu heli karto oo aad u eegi karto marka aad u baahato.

Inta aad sugayso dhawrka maalmood ee xiga, waxa dhici doonaa waxyaabaha soo socda TCH:

- Isku Duwaha ayaa kula soo xidhiidhi doonaa oo waxa uu faylkaaga u gudbin doonaa Maamulka Adeegyada (FM). Maamulka Adeegyada (FM) waxaa weeye waaxda ka masuulka ah dhamaan wixii dhismayaasha ay leeyihiin Guryaynta Bulshada Toronto. Waxay kula hadlaan taleefanka dadka maamula nashqada iyo dhanka dhismaha ee wax ka badalkaaga.

Waxka badalkeegu waxa laga dhigi doonaa wax ka yar yar- waxay kaliya noqon karaan jidka laga galo ee albaabta tooska u furma.

Wax ka bedelkaagu waxa uu noqon karaa wax ka bedel wayn- Waxay noqon kartaa barandooyinka, qolka hurdada, meesha laga soo galo, suuliga, madbakha, qolka fadhiga. Waxaa muhiim ah inaad ogaato in suuliyaaasha THC inayna lahayn barkad loo jaray laakiin ay ku rakiban yihiin tuusha la hoos istaago oo waxa uu leeyahay kursi lagu fadhiisto.

Maamulka Adeegyada ayaa sodoo kale maamula TCHC Miisaaniyada gudidu ansixisay ee sanadka iyo sida loo qoondaynayo waxay ku salaysan tahay shuruudaha miisaaniyada la ansixiyay. Sanad walba Gudida Maamulka TCHC ayaa ansixisa xadi gaar ah oo lacagta isticmaalka ah. Waxaa weeye qaybo kala duwan oo lagu isticmaali karo miisaaniyada, Miisaaniyada Qorshaysan (meelaha caamka ah), Guriga gudihisa, iyo Wixii Marka la Dalbado ayaa qaybo muhiim ah ka ah miisaaniyada.

- Miisaaniyada Qorshaysan (meelaha caamka ah) waxaa weeye aagag sida qaybta laga soo galo, qolalka dharmaydhka, qolalka bulshada, aaga baarkinka bulshada, interkoomka, iwm.
- Wax ka badalka guriga dhaxdiisa.

- Marka la Dalbado waxaa weeye dayactirka looga baahan yahay meelaha caamka ah ee waxyeelooba.

Tani muhiim ayay kuugu tahay maadaama oo lagu eego hadii ay jirto lacag ku filan oo miisaaniyada sanadkan ah oo lagu hormarinayo wax ka badalka gurigaaga.

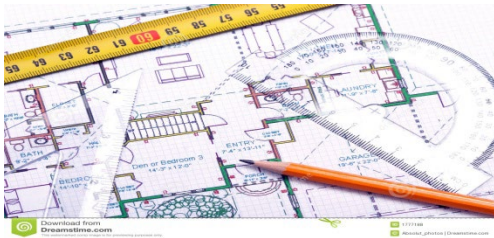


## Talaabada 6 - Maamulaha Barnaamijka Adeegyada - Horjoogaha Barnaamijka Isticmaalka ama Adeegyada

Marka xiga, Maamulaha Barnaamijka Adeegyada - Isticmaalka (FPMA) ee maamuli doona dhamaan mashruucyada ama ee ku qori doonaa Horjoogaha Mashruuca Xarumaha (FPS) ee kormeera mashruuca sidoo kale, ayaa la xidhiidhi doonaa Isku Duwaha marka faylka la helo oo Isku Duwaha ayaa qaban doonaa balanta booqashada guriga kale. FPMA ama FPS ayaa ka masuul ah qaybta dhismaha ee waxka badalkaaga. Wakhtigan waxa aad la kulmi doontaa FPMA ama FPS. FPMA ama FPS ayaa markale eegi doontaa baaxada shaqada oo waxay qoraal faahfaahsan ka samayn doontaa baaxada shaqada. Tani maaha booqashada ugu danbaysa ee gurigaaga. Waxay qaadan doontaa dhawr todobaad kahor marka kale ee lagula soo xidhiidhayo. FPMA ama FPS ayaa qiyaasi doonaa xadiga lacageed ee wax ka badalkaaga oo waxay go'aamin doonaan hadii aad haysato lacag kugu filan oo miisaaniyada sanadkan ay kuugu jirto in lagu sameeyo wax ka badalka. HADII ayna jirin lacag ku filan oo lagaga shaqeeyo miisaaniyada wakhtigan si loosii wado talaabada 13. Hadii ay ku jirto lacag miisaaniyada nidaamka ayaa loosii wadi doonaa sida soo socda:

Inta lagu jiro wakhtigan waxyaabo badan ayaa ka dhici doonaa TCHC.

- Iyada oo ku xidhan qiyaasta lacagta ee wax ka bedelka, heerarka kala duwan ayaa la ogolaan doonaa marka la dalbado. Waxay tani qaadan kartaa dhawr maalmood si loo helo ansixita la dalbaday. Ansixinta wadarta lacagta in la qoondeeyo ayaa loo baahan yahay.
- FPMA ayaa wax ka bedel ku samayn doontaa Nashqada & kooxda Farmasada (D & E) diyaarka ka dhigaysa inay shaqada cusub bilaabanto.
- Nashqada iyo Farmasada (D&E) ayaa diyaarin doonta waraaqaha loo baahan yahay ee daruuriga ah shaqaalaysiinta arkitegtiga oo waxa uu keeni doonaa farshaxanka loo baahan yahay ee wax ka badalka gurigaaga. Waxay mari doonaan nidaamka iibsiga (shaqaalaysiinta). Nidaamkan waxa uu qaadan doonaa dhawr todobaad.



## Talaabada 7 - Booqashada Arkitegtiga

Wakhtiga xiga ee lagula soo xidhiidhi doonaa waa marka arkitegtiga la shaqaalaysiiyo. Isku Duwaha iyoama EPMA ama FPS ayaa kula soo xidhiidhi doonaa si booqasho kale ay gurigaaga ugu sameeyaan.

Wakhtigan arkitegtiga ayaa iman doonaa oo waxa uu qaadan doonaa cabirada loo baahan yahay. Hadii aad doorato inaad guriga joogto wax ayay taraysaa maadaama oo aad ka jawaabayso su'aalaha shaqada ee gaarka ah ee baahiyahaaga ee arkitegtigu uu waydiinayo.

Shaqadaadu iminka waxaa weeye inaad ogaato shayada aad qaadaynayso inta aad sida kumeel gaadhka ah ugu guurayso meesha kale inta dhismuhu socdo. Sidoo kale inaad qorto liiska adeegyada aad u

baahan tahay inaad la wareegto oo aad kadibna lasoo noqoto. Kani waxa uu noqonayaa taleefankaaga guriga, internetka, telefiishinka kirada ah, iyo waxyaabaha kaalmaatiga nolosha. Isku Duwahaaga ayaa kaa caawin doonaa hadii aad u baahan tahay kaalmo dhankaaga ah oo ah nidaamka guuritaanka marka wakhtigaas la gaadho.

Dhawrka todobaad ee xiga arkitegtiga ayaa buuxin doonaa nashqada sawirka oo waxa uu u gudbin doonaa TCHC si ay u ansixiyaan. Tan waxaa loo sameeyaa in la xaqiijiyo in heerarka TCHC iyo baahiyaha ay buuxin doonaa nashqadu. Waxaa muhiim ah in la ogaado in shaqaalaha dhismuhu in aan la shaqaalaysiin karin ilaa inta sawirku uu dhamaystirmayo oo TCHC ay ansixinayso. Marka sawirka la ansixiyo, D & E waxay diyaarin doontaa waraaqaha daruuriga ah ee shaqaalaysiinta shirkada dhismaha ama shaqaalaha. Marka shirkada dhismaha la shaqaalaysiiyo, D&E waxay u sheegi doontaa FPMA ama FPS oo waxay waraaqaha u diri doonaa sawirada nidaamka dhismaha ee bilaabmaya.



## **Talaabada 8 - Taariikhda Dhismaha iyo Rarista Kumeel Gaadhka ah**

FPMA waxay la hadli doontaa shirkada dhismaha oo waxay ogaan doontaa marka shaqaaluhu ay diyaar u noqonayaan inay dhisaan guriga. Marka taariikhda la dejiyo FPMA waxay la xidhiidhi doonaan Isku Duwaha iyo oo waxay u sheegi doonaan taariikhaha dhismaha.

Isku Duwaha waxa uu kadibna eegi doonaa halka guryaha laga heleyo ee sida kumeel gaadhka ah shirkadu ugu rari doonta dadka inta dhismuhu socdo. Waxa aad la socotaa in badanaa goobahan ayna ku oolin meesha

aad degan tahay. Qorshayso inaad ka baxdo bulshadaada caafimaadka mudadan gaaban. Isku Duwaha ayaa kadibna kula so xidhiidhi doona oo waxa uu kula socod siin doonaa jadwalka dhismaha oo waxa uu kuu sheegi doonaa goobaha laga heley ee sida kumeel gaadhka ah loo heli karo. Isku Duwuhu waxa uu kaala shaqayn doonaa adiga inaad wada booqataan goobahan sida kumeel gaadhka ah laguugu rari karo mudada gaaban inta uu socdo dhismuhu iyada oo ku xidhan cabirka wax ka bedelka.



## Talaabada 9- Rariska Kumeel Gaadhka Wakhtiga Dhismaha Gurigaaga

Talaabada xigtaa waxaa weeye inaad booqato guryaha Isku Duwuhu uu kuu diyaariyay in kuu diyaariyay inaad booqato. Fadlan xasuuso in kasta oo gurigu ay dhici karto in aanu sidii loo baahnaa ahayn, laakiin waa inaad xasuusnaataa inuu yahay kaliya kumeel gaadh. Hadii aad doorato in aanad aqbalin wax guri oo lagu siiyay, waxa uu dib u dhigi karaa wax ka bedelkaaga. Inkast aoo ay muhiim tahay inaad doorato mid kamid ah guryaha lagu siiyay, ha aqbalin in guriga uu ka amaan yar yahay gurigaagw wakhtigan isaga oo sidaa ah. Hadii daruuri ay tahay, TCHC waxay kuu doon dooni doontaa taageero hay'ado kale hadii ay macquul tahay in lagu helo guri baahiyahaaga buuxin karo si kumeel gaadh ah si loo xaqiijiyo in gurigaaga wax ka bedelka lagu samaynayo wakhtigiisa lagu dhamaystiro. Hadii aad diido dhamaan guriyaha lagu siiyay maadaama oo ay maan yar yihiin guriga wakhtigan Isku Duwaha ayaa sii wadi doonaa inuu kuu doon doono guri aad aqbali karto. Waxaa aad u muhiim ah inaad u sheegto Isku Duwaha sababta aanad ku dooran wax guri ah oo lagu siiyay ama waxa aad u sheegtaa guriga aad aqbali karto.

Hadii aad doorato in aad ku jirto gurigaaga inta dhismuhu socdo, waxa aanu dalban doonaa inaad saxeeexo foomka ka tanaasulkaka dhaafida. Ogolaanshaha inaad ku sii jirto gurigaagu waxay ku xidhan tahay nooca wax ka bedelka ee lagu samaynayo.

Hadii aad doorato guri si kumeel gaadh ah aad ugu guurayso, Isku Duwaha ayaa kuu diyaarin doonaa heeshiiska hoyga ku meel gaadhka ah si aad u saxeeexo. Tani waa IN loo sameeyo sababo badan, oo kama mid aha xaalada degdega ah darteed, TSHC oo laaaga baahan yahay inaad qorto liiska kirooyinka wax dhisme ah. Haka baqan guuristan ku meel gaadhka ah. Waxaa AAD dib ugu soo guuri diintaa gurigaaga isla marka uu dhismuhu dhamaado.

Isku Duwaha ayaa kuu qaban doona balanta cida ku raraysa si aad u ogaato waxa aad filan karto maalintee. Waxay ku qori doonaan macluumaadka Xaashidaada Macluumaadka Muhiimka ah. Si wayn u neefso, guuristu waa shay warwar leh, Isku Duwahaaga ayaa guuritaanka inta uu karo kuu fududayn doona. U sheeg Isku Duwahaaga hadii aad u baahan tahay kaalmo alaab karaatoon ku gurista. Waxay kamid noqon kartaa qorshaha guurista ee Isku Duwuhu uu samaynayo.

Isku Duwaha ayaa la xidhiidhi doonaa FPMA ama FPS, kolba ka kashaqaynaya wax ka bedelka, oo waxa uu kuu sheegi doonaa taariikhda lagu rarayo. Waxa ay tani u sheegi doontaa FM goorta gurigaagu uu noqon doono diyaar ee dhismuhu bilaabmi doono. Xarumuhu waxay kadibna qaba doonaan kulanka jadwalka dhimsha ka hor ama ama kulanka dhismaha kahor ee shirkada dhismaha, arkitegtiga, iyo Isku Duwahaaga. Waxba lagaagama baahna kulankan adiga, kaliya shaqaalaha TSHC iyo iyo qandaraasleyaasha. Kaliya waxay qaban doonaan waa inay naqdiyaan qorshayaasha wax ka bedelka oo waxay xaqiijin doonaan mudada ay ku eeg tahay.

Waxaa aad u muhiim ah inaad diyaar u noqoto inaad guurto maalinta lagu qabtay. Marka aad ka tagto gurigaaga wakhtigan kuma soo noqon kartid inta dhismuhu uu socdo sababo amaan darteed.

Waxa aad xaqiijisaa inaad qaadato wixii dawooyin ah ee aad u baahan tahay 24 saacadood ee ugu horeeya maalinta aad guurayso. Marka aad



guurayso, wax kasta ma galo meel si fudud looga heli karo ama kartoon. Si aanad ugu dawakhin oo aanad u warwarin, waxa aad qaadataa adigu dawooyinkaaga.

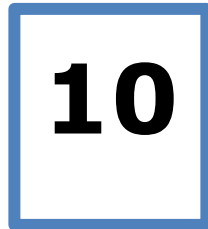
Hadii aad leedahay daryeele kula jooga, waxba ha warwarin, adiga iyoama Isku Duwahaaga ayaa marka hore sii diyaariyay meesha cusub ee aad u guurayso.

Hadii aad leedahay taleefanka gacanta, adigu qaado oo kartoon HAKU ridin xadhiga dabka, waxaa dhici karta inaad u baahato habeenka kowaad, markaa sido adigu.

Waa inaad haysaa taleefanka Isku Duwahaaga maalinta aad guurayso.



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## Talaabada 10- Waxaa La Joogaa Maalintii La GUURAYAY!

Maalmaha la guurayo aad ayay u mashquul badan yihiin oo way buuq badan yihiin. Isku Duwahaaga ayaa kuu diyarin doonaa dhamaan cida ku raraysa. Shaqadaada waxaa weeye inaad qabato guriga kumeel gaadhka ah ee aad wakhti lamid ah wakhtiga cida ku raraysaa ay gaadhayso iyada oo alaabtaada wada. Markaa waxa aad dhigan kartaa shay kasta meesha aad doonayso.

Waxa aad soo kaxaysan kartaa qoys ama asxaab kaa cawisa kartoono ka gurista alaabta oo waxay kaa caawiyaan in dhamaan adeegyada aad wada hesho.

Hadii aanad haysan qoys ama asxaab kaa caawin kara kartoono ka gurista alaabta, waxba ha warwarin maadaama oo hore ugala hadashay Isku Duwahaaga oo waxay kuu diyaarin doonaan degista.

Marka aad gasho gurigaaga kumeel gaadhka ah ee shaqada laguu dhameeyo Isku Duwahaaga ayaa kula soo xidhiidhi doonaa markay dhamaato shaqada dhismuhu. Iminka waxa aad diyaar u tahay inaad dib ugu soo GUURTO gurigaaga. Waxa aad iska qabsan doonaan hawlahaaga maalintii ilaa laga gaadhayo maalinta aad dib ugu soo GUURAYSO gurigaaga.

Dhamaan mushkiladaha uu leeyahay gurigaaga kumeel gaadhka ah waa in lagala hadlaa Isku Duwahaaga.



## Talaabada 11- Dhismaha

Nidaamka dhismaha ayaa ku bilaabi doona kulanka dhisaha kahor. FPMA ama FPS ayaa maamuli doonaa dhismaha rasmiga ah ee wax ka bedelka. Dhismaha ayaa caadiyan u wada socda qaybo yaryar. Waxaa dhici karta in lagaaga waramo ama aan lagaaga waramin. Hadii aan lagaaga waramin, waxba haka warwarin, shaqalaaha TCHC ayaa maamula mushkilada dhismayaasha noocan oo kale markasta. Waxa kaliya ay kula soo xidhiidhi doonaan hadii ay ku waydiinayaan wax aad doorbidayso mararka qaar.

Hadii uu jiro dib u dhac bedelaya jadwalka aad dib ugu guurayso gurigaaga, Isku Duwahaaga ayaa kula soo xidhiidhi doona oo kuu sheegi doonaa. Tani way KARTADOONTAA mararka qaar oo caadiyan ma qaadato wax ka badan ilaa maalin. Waxba ha warwarin, kaliya kala hadal Isku Duwahaaga oo isaga ayaa kaa caawin doonaa wakhti xaadirkan

haysato meel aad deganaato ilaa inta dhismuhu dhamaanayo. Mushkilada aan lasii saadaalin karin ayaa keena dhis u dhac: mushkilado qasabadaha ah oo gurigaaga iyo dhismahaaga u dhaxeeya (waxay noqon kartaa mushkilad bulaacada ah) ama mushkilad laydh. Mararka qaar xadhkaga ayaa kasoo bixin sawirka ama taas cakiskeeda dhismayaasha qadiimiga ah oo u baahday wax ka bedelo badan sanado badan. Waxaa jira mushkilado dhisma caadi ah oo shaqaalaha TCHC ayaa yaqaana sida caadiga ah ee loo xalin karo mushkiladaha oo si joogto ah ayay u sameeyaan. Waxba haka warwarin, waxay xaqiijin doonaan inaad bad qabto oo aad amaan tahay.

Dhismuhu wuu DHAMAADAY iminka! Waxaa la gaadhay wakhtigii aad gurigaaga qaban lahayd!



## **Talaabada 12- Waxaa La Gaadhay Wakhtigii Aad GURIGAAGA QABAN LAHAYD!**

Waxaa lagu sheegeyt in dhismihii uu dhamaaday iminka oo aad dib ugu noqon karto gurigaaga. Waxaa la filanayaa inaad ku faraxdo marka aad ogaado in wax ka bedelkan uu dhamaaday oo aad heleyso nuqul ka fudud oo ka amaan ah tii hore siyaabo badan. Dib ugu soo guurita guriga ayaa lamid ah marka aad u guuraysay guriga kumeel gaadhka ah, waxa kaliya ay kaga duwan tahay inuu jiro heshiis kiro oo kumeel gaadhka ah oo aad saxeexayso. Markan waxa aad filan kartaa in isku duwahaagu uu yimaado gurigaaga si uu dib kuugu soo celiyo. Mararka qaar shaqaalaha dhismaha ayaa jooga gurigaaga si ay u arkaan sida aad uga heshey waxay gurigaaga ka qabteen.

Isku Duwahaaga ayaa kuu sheegi doonaa dhamaan isbedelada gurigaaga lagu sameeyay oo waxa uu xaqiijin doonaa inay buuxiyeen baahiyahaaga caafimaad.

Waa inaad u sheegtaa isku duwahaaga wixii aanad ku qancin oo aad u sheegtaa sababta. Mararka qaar waxoogaa wax ka bedel ah ayaa loo baahan karaa in aan marka hore la arkaynin. Waxyaabaha waa lagu hagaajin doonaa oo wax ka bedelka waa la dhameeyay.

Isku Duwahaaga ayaa kuu diyaarin doonaa waraaqaha aad saxeexo ee wax ka bedelka inuu dhamaaday ah oo waxa aad dib ugu guuraysaa gurigaaga.



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### Talaabada 13- Wax Lacag ah Kuma Hadhsana Miisaaniyada Sanadka

Waxaa lagu sheegey inayna lacag ku hadhsanayn Miisaaniyada Isticmaalka sanadkan. Maxaa dhacayaa markaa?

Isku Duwaha ayaa kula soo xidhiidhi doonaa oo waxa uu kuu sheegi doonaa in gurigaagu uu wakhtigan ku jiro liiska sugayaasha marka lacag loo qoondeeyo. Waxa uu kuu sheegi doonaa goota la FILANAYO in lacagta la helo. Marka lacagta la helo wax ka bedelkaaga ayaa socon doonaa ee nidaamka caadiga ah ee lagu sheegey tilmaamahan.



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## Talaabada 14- Rarinta Rasmiga ah ee Isticmaalka

Isku Duwahaaga ayaa go'aamin doonaa hadii gurigaagu aanu lahayn meel ku filan oo wax ka bedel lagu samayn karo si uu u buuxiyo baahiyahaaga caafimaad. Tani waxay ka dhigan tahay inaad u baahan tahay in si rasmi ah laguugu raro guri kale. Isku Duwaha ayaa ku waydiin doonaa hadii ay aagag ku yaal TSHC oo aad jeclaan lahayd inaad degto. Waxa aad sidoo kale fursad u heli doontaa inaad qorto liiska dhismayaasha aad doorbidayso. Mar kasta xasuusnow: LAGUU RARI MAAYO DHISMA AANAD OGOLAANIN IN LAGUU RARO. Isku Duwahaaga waxa uu ku gelin doonaa liiska sugayaasha u rarida dadka ee kumeel gaadhka ah. Dhisme kasrtaa oo aad qortaa waxa uu leeyahay dad sugaya. Tani waxay ka dhigan tahay in aad dhisme noqon karto qofka kowaad laakiin ku kale aad noqon karto qofka afaraad ee sugaya. Wakhtiga sugitaanka rarista rasmiga ah lama garanayo oo waxay ku xidhan tahay sida loo helo.

TSHCWaxay wakhti xaadirkan leedahay guri yar oo isticmaalka noocan ah loogu talo geley. Inkasta oo guryo badan wax ka bedel lagu sameeyo mar walba, tirada dalabyada ayaa korodhay maadaama oo ay sii badanayaan tirada dadka waayeelka ahi. Xaalado kale oo kamid ah raristaadu waa tirada qolalka hurdo ee aad dalbatay. Markasta oo ay badato tirada qololku waxaa sii adkaata sida loo heleyo guri buuxinayo baahiyahaaga.

Marka guri wayn la dalbado maadaama oo ay jiraan tiro xubno badan oo qoyska ah, shaqaalaha qaar ayaa soo qaban kara guri wax ka bedel lagu samayn karo oo buuxiyay shardigii tirada qolalka hurdada ee aad u baahnayd. Isku Duwaha ayaa kadibna xaqiijin doonaa inaad doonayso inaad ku noolaato dhisme diyaar ah oo waxa uu kaa dalban doonaa inaad keento qoraalka inaad aqbasho guriga kadib marka wax ka bedel lagu sameeyo. Lacagta ayaa lagu bixin doonaa wax ka bedelka adiga ama qoyskaagu aad u baahan tihiin laakiin TSHC iyo TCHC u baahan yihiinay siiyaan cid kiraysanaysa oo lacagta lagu bixiyay lagu dalaco.

## QORAALKA UGU DANBEEYA:

Marka sharciga iyo ama shuruudaha TCHC ay is bedelaan, nidaamkan ayaa sidoo kale is bedelaya.

R-PATH waxay la socon doontaa isbedelka nidaamka TCHC iyo TSHC mustaqbalka sida loogu baahdo.

## **Macluumaad Muhiimka ah oo Ku Saabsan Waxka Bedelka Gurigaaga**

Shirkada Guryaynta Bulshada Toronto (TCHC) waxa ay doonaysaa inay kaa caawiro in gurigaaga laguugu fududeeyo inaad isticmaali karto. Waxa aanu doonaynaa inaad ku raaxaysato gurigaaga si aad markaa bulshadaada ugu dhax noolaan karto.

Macaga Isku Duwaha-Barnaamijyada Istimalka TCH ee ka masuulka ah mashruuca waa \_\_\_\_\_ .

Waxa aad ka heli kartaa lambarta taleefanka \_\_\_\_\_ ama iimeelka \_\_\_\_\_ saacadaha shaqo.

Shaqada wax ka bedelka gurigaaga waxaa la filanayaa inay bilaabto \_\_\_\_\_. Fadlan waxa aad la socotaa in taariikhdan ay is bedeli karto. Mashruuc kasta oo dhisme, dib u dhac ayaa mararka qaar dhaca. Isku Duwahaaga ayaa kula soo xidhiidhi doonaa isaga oo wada macluumaadka ugu danbeeya hal todobaad (7 maalmood) kahor wakhtiga la qiyaasto si uu kuugu xaqiijiyo ama uu kuugu sheego in la bedelay.

**Hadii aad gurigaaga ku jirayso wakhtiga laga shaqaynayo ee wax ka bedelka yar lagu samayno**, shaqaalaha goobta TSHC ayaa heli kartaa ay kaaga caawiyaan in alaabtaada ay kaaga uruuriyaan meesha dhismuhu ka socdo. Hadii aad waydo si ay kuu caawiyaan fadlan waxa aad kala

hadashaa baahiyahaaga Isku Duwahaaga. Waxaa sidoo kale lagaa dalban doonaa inaad saxeeexo ka dhaafida ka tanaasul hadii aad joogayso gurigaaga inta dhismuhu uu socdo.

**Hadii aad u guurayso guri kale inta dhismuhu uu socdo,** TCHC ayaa kuu habayn doonto alaabta guriga iyo waxa aad leedahay in laguugu raro guriga aad kumeel gaadhka ah u degayso. Hadii aad u baahan tahay kaalmo in alaabta kartoono lagugula guro, fadlan u sheeg Isku Duwahaaga si uu markaa kuugu diyaariyo qof kaa caawiya. Waxa aad sidoo kale heli doontaa kaalmo inaad dib ugu soo guurto ah gurigaaga.

Hadii aad qaadato daryeelka guriga, fadlan waxa aad la socotaa in guuritaanka kumeel gaadhka ah inayna ka dhignayn inaad waayayso adeegyadaada. Runtii, adeegyadaada ayaa kuula guuri kara gurigaaga kumeel gaadhka ah. La xidhiidh shaqaalaha kiiska bixiyahaaga adeega si uu kuugu diyaariyo.

Dhismaha ayaa abuuri doonaa waxoogaa is dhax yaac ah oo noloshaada ah, laakiin TCHC iyo TSHC ayaa gelin doonta dadaal ay ku xaqiijinayso in nidaamku uu kuu fududaado oo uu bilaa xanuun kuu noqdo.



Toronto  
Community  
Housing

## Su'aalaha Isticmaalka Caafimaadka

Kiraystayaasha:

Dalabka hoyga Barnaamijka Isticmaalku waxaa weeye barnaamij u baahan macluumaadka caafimaad in loo gudbiyo dalabka si loo ansixiyo oo loo xaqiijiyo in dhamaan baahiyaha qaabilaada caafimaadka la buuxiyay. Waxa uu bixiyaa macluumaadka si loo ansixiyo ama loogu diido dalabkaaga qaabilaada.

Su'aalaha caafimaadka ee soo socda waxay duwaan geliyaa in ka caawin doonaan Barnaamijka Isticmaalka inay go'aamiyaan laba shay: 1) hadii dalabkaagu uu ku salaysan yahay baahiyahaaga caafimaadka iyo 2) baahiyaha caafimaadka ee ay amaan ah oo shaqaynaya hadii guriga lagu bixiyo.

Waraaqahan waa inuu buuxiyaa **xirfadlahaaga daryeelka caafimaadka liisanka haystaayi.**

Marka aad buuxiso, **fadlan u gudbi Isku Duwaha Adeegyada Waayeelka ee bulshadaada**. Waxaa lagu taliyaa inaad nuqul ka samaysato duwaankaaga. Haddii aanad lahayn qaab aad koobi kaga samaysan karto, waxa aad ka dalbataa Isku Duwaha Adeegyada Waayeelkainuu koobi kuu sameeyo. Sidoo kale dalabka waxay ku qori doonaan taariikhda koobiyaaga kahro inta aanu lagu soo celin nuqulka adiga.



Waraaqahan ayaa ah dalabkaaga rasmiga ah ee hoyga loo isticmaalayo baahiyo caafimaad. Waxaa laguuga soo xidhiidhi doonaa qoraal laguugu sheegayo xaalada ogolaanshaha waxyar kadib marka aad soo gudbisoo foomamka Su'aalaha Caafimaadka buuxa. Foomkan uma aha damaanad qaad in lagu ansixinayo.

## DALABKA HOYGA ISTICMAALKA

Hadii aad wakhti xaadirkan kirayste ka tahay Guryaynta Waayeelka Torontoo aad u baahan tahay guri aad isticmaali karto, wax ka bedel guriga ah, ama qaabilaad kale oo ku salaysan *Xeerka Xuquuqda Aadanaha* baahi lagu sheegey, fadlan ula tag xirfadle caafimaad oo liisan haysta oo ka shaqeeya Canada si uu kuugu buuxiyo foomkan.

Inaksta oo dalabyada qaar ay keeni karaa in lagu aro guri kale oo Guryaynta Waayeelka Toronto, Guryaynta Waayeelka Torontowaxay mar walba isku dayi doonaa inay qaabilaan baahida gurigaa wakhtigan kahor inta ayna ku rarin.

Hadii aad u baahan tahay macluumaadkan oo qaab kale ama luuqad kale ah, fadlan kala xidhiidh . Xarunta Taageerada Kiraystaha 416-945-0800.

## Qoraalo muhiim ah oo ku saabsan xirfadlayaasha daryeelka

- Isticmaalka **iskuutarka** ama **bakoorada** bukaanka maaha khasab inay keento in gurigooda wax ka bedel lagu sameeyo ama loo wareejiyo guri kale.
- **Waxka bedelka guriga** waxay bixisaa heerar kala duwan oo wax ka bedel iyo isticmaal taas oo ku xidhan baahida shakhsiga.

## Accessibility Medical Questionnaire

Tenants:

The Accessibility Program accommodation request is a program that requires medical information to be submitted for the request to be approved and to ensure all your medical accommodation needs are met. It provides information to approve or deny your accommodation request.

The following medical questionnaire is the document that will assist the Accessibility Program determine two things: 1) if your request is based on your medical needs and 2) what your medical needs are to be safe and functional in your home.

This document must be completed by your **licenced health care professional**.

Once it is completed, **please submit it to the Seniors Services Co-ordinator for your community**. It is recommended that you make a copy for your own records. If you do not have a way to make a copy, ask your Seniors Services Coordinator to make a copy for you. Also request they date stamp your copy before returning the copy to you.

This document is your official request for medically required accessibility accommodation. You will be contacted in writing advising of your approval status shortly after you have submitted the completed Medical Questionnaire forms. This form does not guarantee you will be approved.

## ACCOMMODATION / ACCESSIBILITY REQUEST

If you are a current Toronto Seniors Housing tenant who requires an accessible unit, unit modifications, or other accommodation based on a *Human Rights Code* identified need, please have a qualified medical practitioner who is licensed to practice in Canada complete this form.

While some requests may result in a transfer to another Toronto Seniors Housing unit, Toronto Seniors Housing will always try to reasonably accommodate the need in the current unit before considering a transfer.

If you need this information in an alternative format or another language, please contact the Tenant Support Centre at 416-945-0800.

### **Important note to licensed healthcare professionals and their patients:**

- The use of a **scooter** or **walker** does not necessarily qualify a patient for a modified unit or a transfer to another unit.
- **Modified units** provide varying degrees of modifications and accessibility depending on individual need.

## PATIENT INFORMATION

To be completed by a qualified medical practitioner who is licensed to practice in Canada:

1.	<b>Patient details:</b> First name: _____ Last name: _____ Address: _____ Unit #: _____ Date of birth (mm/dd/yy): _____ Parent/Guardian's name (if patient under 18): _____
2.	How many years has this patient been under your care? _____
3.	You understand and agree that you are providing your own qualified medical opinion with respect to the facts stated in this form and you understand and agree that when this form refers to a "medical reaction", the reaction referred to is one that is outside the range of how an average person would react.  <input type="checkbox"/> Yes <input type="checkbox"/> No
4.	Please provide your medical opinion with respect to the patient's functional abilities that are relevant and apply. Include additional details in section 6.  If the ability is not relevant to the request, place a diagonal line through the text box.

a.	<b>Walking</b> <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 100 metres <input type="checkbox"/> 100-200 metres <input type="checkbox"/> Other (specify)	<b>Standing</b> <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 15 minutes <input type="checkbox"/> 15-30 minutes <input type="checkbox"/> Other (specify)	<b>Stair Climbing</b> <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 5 steps <input type="checkbox"/> 5-10 steps <input type="checkbox"/> Other (specify)
b.	<b>Sitting</b> <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 30 min <input type="checkbox"/> 30 min-1 hour <input type="checkbox"/> Other (specify) <hr/>	<b>Lifting Floor to Waist</b> <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 5 kg <input type="checkbox"/> 5-10 kg <input type="checkbox"/> Other (specify) <hr/>	<b>Lifting Waist to Shoulder</b> <input type="checkbox"/> Full abilities <input type="checkbox"/> Up to 5 kg <input type="checkbox"/> 5-10 kg <input type="checkbox"/> Other (specify)
c.	<b>Hearing:</b> able to hear in-suite and building smoke and CO alarms <input type="checkbox"/> Yes <input type="checkbox"/> No		<b>Hearing:</b> Other relevant restrictions (specify)

d.	<p><b>Chemicals or Scents</b></p> <p><input type="checkbox"/> No restrictions/full abilities</p> <p><input type="checkbox"/> Medical reaction triggered by scent</p> <p><input type="checkbox"/> Medical reaction triggered by touch</p> <p><input type="checkbox"/> Other (specify)</p> <hr/>	<p><b>Chemicals or Scents: How long after exposure does reaction subside?</b></p> <p><input type="checkbox"/> Within 5 minutes (e.g. of mopping floor)</p> <p><input type="checkbox"/> 5-15 minutes</p> <p><input type="checkbox"/> 15-30 minutes</p> <p><input type="checkbox"/> Other (specify)</p> <hr/>	<p><b>Chemicals or Scents: Distance from patient</b></p> <p><input type="checkbox"/> Within 5 feet from areas patient occupies</p> <p><input type="checkbox"/> 5-20 feet from areas patient occupies</p> <p><input type="checkbox"/> Other (specify)</p> <hr/>
e.	<p><b>Chemicals/Scents:</b> The following chemicals or scents cause a medical reaction (list names of chemicals and severity of reaction):</p> <hr/> <hr/> <hr/> <hr/> <hr/>		
f.	<p><b>Environmental exposure</b></p> <p><input type="checkbox"/> No restrictions/full abilities</p> <p><input type="checkbox"/> Medical reaction triggered by heat (specify temperature, duration and reaction)</p> <p><input type="checkbox"/> Medical reaction triggered cold (specify temperature, duration and reaction)</p> <p><input type="checkbox"/> Other (Specify)</p> <hr/>	<p><b>Noise</b></p> <p><input type="checkbox"/> Within 5 feet from areas patient occupies</p> <p><input type="checkbox"/> 5-20 feet from areas patient occupies</p> <p><input type="checkbox"/> Other (specify)</p> <hr/>	

5.	<p>Please provide your medical opinion with respect to the patient's <b>functional restrictions</b> that are relevant and apply. Include additional details in section 6.</p> <p>If the ability is not relevant to the request, place a diagonal line through the text box.</p>													
a.	<p><b>Bending/twisting or repetitive movement</b> (specify) <input type="checkbox"/></p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><b>Limited use of hands:</b></p> <table border="0"> <thead> <tr> <th style="text-align: left;">Left</th> <th style="text-align: right;">Right</th> </tr> </thead> <tbody> <tr> <td><input type="checkbox"/> gripping</td> <td style="text-align: right;"><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/> pushing/pulling</td> <td style="text-align: right;"><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/> twisting</td> <td style="text-align: right;"><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/> hand strength</td> <td style="text-align: right;"><input type="checkbox"/></td> </tr> <tr> <td><input type="checkbox"/> other (specify)</td> <td style="text-align: right;"><input type="checkbox"/></td> </tr> </tbody> </table> <hr/>	Left	Right	<input type="checkbox"/> gripping	<input type="checkbox"/>	<input type="checkbox"/> pushing/pulling	<input type="checkbox"/>	<input type="checkbox"/> twisting	<input type="checkbox"/>	<input type="checkbox"/> hand strength	<input type="checkbox"/>	<input type="checkbox"/> other (specify)	<input type="checkbox"/>
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6.	<p><b>Additional comments on <b>abilities</b> and/or <b>restrictions</b></b></p> <p>Please note: It is not Toronto Seniors Housing's best practice to provide step-in bathtubs due to flooding issues. Please advise if your patient would benefit by installing a walk-in/roll-in shower with a built-in bench for safety.</p> <hr/> <hr/> <hr/> <hr/> <hr/>													
7.	<p>Does the patient use a mobility device that is medically required?</p> <p>If yes, what mobility device(s) is required (check all that apply):</p> <table border="0"> <tr> <td><input type="checkbox"/> Cane</td> <td><input type="checkbox"/> Stationary walker</td> </tr> <tr> <td><input type="checkbox"/> Gurney wheelchair</td> <td><input type="checkbox"/> Rolling walker</td> </tr> <tr> <td><input type="checkbox"/> Wheelchair stroller</td> <td><input type="checkbox"/> Manual wheelchair</td> </tr> <tr> <td><input type="checkbox"/> Electric wheelchair</td> <td><input type="checkbox"/> Scooter</td> </tr> <tr> <td><input type="checkbox"/> Hoyer lift</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Other (specify) _____</td> <td></td> </tr> </table>	<input type="checkbox"/> Cane	<input type="checkbox"/> Stationary walker	<input type="checkbox"/> Gurney wheelchair	<input type="checkbox"/> Rolling walker	<input type="checkbox"/> Wheelchair stroller	<input type="checkbox"/> Manual wheelchair	<input type="checkbox"/> Electric wheelchair	<input type="checkbox"/> Scooter	<input type="checkbox"/> Hoyer lift		<input type="checkbox"/> Other (specify) _____		<p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>
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<input type="checkbox"/> Other (specify) _____														

8.	Is the patient currently hospitalized? If yes, is expected discharge imminent?	<input type="checkbox"/> Yes <input type="checkbox"/> No
9.	Are the functional restrictions temporary and expected to be resolved or substantially resolved within the year (e.g. broken ankle)?	<input type="checkbox"/> Yes <input type="checkbox"/> No
10.	Can the patient access and use the bathroom (including bathing or showering facilities) in their current unit?  Please note: It is not Toronto Seniors Housing's best practice to provide step-in bathtubs due to flooding issues. Please advise if your patient would benefit by installing a walk-in/roll-in shower with a built-in bench for safety.	<input type="checkbox"/> Yes <input type="checkbox"/> No
a.	Can the patient use a bathtub?	<input type="checkbox"/> Yes <input type="checkbox"/> No
b.	Does the patient require a walk-in/roll-in shower?	<input type="checkbox"/> Yes <input type="checkbox"/> No
c.	Does the patient require additional knee clearance under the sink?	<input type="checkbox"/> Yes <input type="checkbox"/> No
d.	For any other requirements the patient has in their bathroom, please explain further in section 6.	
11.	Can the patient access and use the kitchen facilities in their current unit?  If no, explain further in section 6.	<input type="checkbox"/> Yes <input type="checkbox"/> No
a.	Can the patient access their oven and fridge?	<input type="checkbox"/> Yes <input type="checkbox"/> No
b.	Does the patient require additional knee clearance under the sink or kitchen counter?	<input type="checkbox"/> Yes <input type="checkbox"/> No
c.	What is the patient's reach capacity (i.e. ability to access items from kitchen cupboards)?  _____  _____  _____	
d.	For any other requirements the patient has in their kitchen, please explain further in section 6.	



12.	<p>Do the functional restrictions prevent the patient from being able to perform activities of daily living in their unit (i.e. self-care, personal hygiene, eating, making decisions, completing tasks, etc.)?</p> <p>If yes, specify:</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No
	<hr/> <hr/> <hr/> <hr/>	
13.	<p>What measures might (by the household <i>and</i> by Toronto Seniors Housing) enable the household member to perform activities of daily living in their existing unit?</p> <hr/> <hr/> <hr/> <hr/>	
14.	<p>If the patient is seeking a transfer to another residential unit, what are you expecting the other unit to have (that the patient's current unit does not have) that would address the needs of the patient?</p> <hr/> <hr/> <hr/> <hr/>	
15.	<p>Is the unit causing or contributing to the impairment? If yes, how is it doing so?</p> <hr/> <hr/>	<input type="checkbox"/> Yes <input type="checkbox"/> No

16.	In your professional opinion, do you believe that nothing short of a move will result in the household member being able to perform activities of daily living in their unit?	<input type="checkbox"/> Yes <input type="checkbox"/> No
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## Specific Information related to Request for Additional Bedroom

### **Important Note to Doctors and their Patients**

The City of Toronto has established Local Occupancy Standards for rent-geared-to income housing. These Standards permit a household to qualify for an extra bedroom if:

- A. A spouse who would normally share a bedroom requires a separate bedroom because of a disability. Spouses will not normally qualify for an additional bedroom unless a second bed cannot be accommodated within a shared bedroom.

A household will not qualify for an additional bedroom based on a snoring condition alone.

- B. A room is required to store equipment that a member of the household needs because of a permanent disability, and the equipment is too large to be reasonably accommodated in a unit size for which the household would normally qualify. The following equipment will not normally qualify a household for an additional bedroom:

- i. continuous positive airway pressure (CPAP) machines;
- ii. air-filtration systems;
- iii. vaporizers or humidifiers;
- iv. walkers, wheelchairs, or scooters;
- v. massage tables; or
- vi. exercise equipment.

- C. An additional bedroom is required for an individual who is not a member of the household but who occupies the unit to provide full-time overnight support services to a member of the household. The household must also submit the Caregiver application forms with these types of requests.

When a household requests an extra bedroom for a medical reason, Toronto Seniors Housing must determine if the household qualifies under the Local Occupancy Standards. From time to time, Toronto Seniors Housing may ask for new information to verify that the household still qualifies for the extra bedroom. If the patient is requesting an additional bedroom, please complete the following along with the other information requested above in this form:

17.	Why does a person with this medical condition or disability need an additional bedroom?	
18.	Is a room required to store medical equipment?	<input type="checkbox"/> Yes <input type="checkbox"/> No
a.	If yes, what is the medical equipment?	
b.	What are the dimensions of the medical equipment?	
c.	The bedroom(s) in this unit are the following size(s) (TSHC staff to complete):	
d.	Can the medical equipment reasonably be accommodated in the current unit? If no, please explain why, and explain what square footage is required: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No
19.	Does your patient's disability require them to have a separate bedroom to accommodate a full-time overnight caregiver who is not part of the household? If yes, what services do they require? _____	<input type="checkbox"/> Yes <input type="checkbox"/> No
20.	Is the need for full-time overnight care long-term? If no, how long will the patient need overnight care? _____	<input type="checkbox"/> Yes <input type="checkbox"/> No
If a full-time overnight caregiver is required, the household must also complete the Home Care Agency's Verification Form, or the Caregiver's Verification Form if the caregiver is not affiliated with a home care agency.		

## Licensed Healthcare Professional (LHCP)

I am a (check box that applies):

GP/Family Physician

Allergist/Immunologist

Cardiologist

Dermatologist

Neurologist

Occupational Therapist

Oncologist

Ophthalmologist

Psychiatrist

Pulmonologist

Clinical Psychologist

Other (specify): \_\_\_\_\_

I hereby certify that this information represents my best professional judgment and is true and correct to the best of my knowledge.

LHCP stamp  
or  
Provincial Registration #

\_\_\_\_\_  
LHCP Name (please print)

\_\_\_\_\_  
Contact Tel. Number

\_\_\_\_\_  
LHCP Signature

\_\_\_\_\_  
Date (mm/dd/yy)

## Patient Consent

I understand that Toronto Seniors Housing Corporation requires the personal information requested on this form to determine my eligibility for an accessible unit, unit modifications or other accommodation. I authorize my licensed healthcare professional to release information requested on this form to Toronto Seniors Housing Corporation and I consent to Toronto Seniors Housing Corporation using, verifying, disclosing and retaining this information, my application and any supporting documentation on my housing file to the extent it is necessary in order to respond to my request for accommodation and for related tenancy purposes. For clarity, disclosure may be to an independent medical consultant, to the tenant, to the City of Toronto for the purposes of compliance with the *Housing Services Act*, etc. I understand that Toronto Seniors Housing will not directly contact my healthcare professional without my prior consent. I understand that if I am the patient and not the tenant that the information collected as a result of this form will be shared with the tenant and I consent to this disclosure.

\_\_\_\_\_  
Patient's Name (please print)\*

\_\_\_\_\_  
Patient's Signature\*

\_\_\_\_\_  
Tenant's Name (if not the patient)

\_\_\_\_\_  
Tenant's Phone Number

\_\_\_\_\_  
Tenant's Account Number

\_\_\_\_\_  
Date (mm/dd/yy)

*\*If the patient is under 18 or unable to provide consent in writing by reason of physical or mental disability, the consent must be signed by the patient's parent, legal guardian, trustee, or power of attorney for personal care and property.*

The personal information on this form is collected under the authority of the *Human Rights Code*, RSO 1990, c H19 including sections 10, 11 and 17 of that act; the *Housing Services Act, 2011*, SO 2011, c 6 Sched 1 including section 176 of that act and O Reg 367/11 including section 47(1) 5 of that regulation; and/or the *Residential Tenancies Act, 2006*, SO 2006, c 17 including section 10 of that act, and will be used only as is necessary for the purposes of determining an applicant's eligibility for an accessible unit, modifications to their current unit, transfers to another unit, and/or other accessibility/accommodation measures related to the tenancy. If you have any questions about the collection of this information, please contact Toronto Seniors Housing's Information Specialist at 423 Yonge Street, Toronto, ON, M5B 1T2, by phone 416-945-0888 or email [solutions@torontoseniorshousing.ca](mailto:solutions@torontoseniorshousing.ca)

Waxaa qoray oo curiyay:



## **Gudida R-PATH**

Qofka Ka Masuulka ah Istimcaalka Guryaynta Toronto)

Waxaa la iska kaashaday

**Maamulka iyo Shaqaalaha Guryaynta Bulshada Toronto**

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Waxa aad kala xidhiidhi kartaa Gudida R-PATH:

[cbirch619@msn.com](mailto:cbirch619@msn.com) ama: 647-201-7941

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Waxa aad kala xidhiidhi kartaa Barnaamijka Isticmaalka

Isku Duwaha Adeegyada Waayeelka

ama la xidhiidh Xarunta Taageerada Kiraystaha: 416-  
945-0800