



Dr. Abe Oudshoorn in front of Woodfield Gate Apartments in London.  
(Photo credit: Christopher Kindratsky, Western Communications)

## Western research affirms that Indwell's approach works



by Steven Rolfe  
Director of Health Partnerships, Indwell

Over the past two years, Western University has undertaken award-winning research on the power of Indwell's model of supportive housing to change lives. Under the leadership of Dr. Abe Oudshoorn and his team from the Centre for Research on Health Equity and Social Inclusion at Western University, researchers studied Indwell's supportive housing at London's Woodfield Gate Apartments. The study, funded by the National Housing Strategy, is titled *Indwell: Making Supportive Housing Work for Canada's Most Vulnerable*. Groundbreaking and comprehensive, the report is a testament to the courage of our tenants in living out their search for health, wellness, and belonging in the face of system constraints.

The study's findings fill in significant gaps in what we know about supportive housing, a topic which is sometimes so new that there is little to compare it to. A few key research findings stand out.

The first is the affirmation that a complete package of **deep affordability, community, and access to a full range of support services** is a key element in tenants' journeys towards health and wellness. Permanent, supportive housing is a key element in ending homelessness for our most vulnerable.

The second finding is that although supportive housing is embraced within the National Housing Strategy as one of the six priority areas for action, from a policy and resource-allocation perspective, it lacks meaningful support in federal programs. **The very tool that can be used to end**

(cont'd on pg. 2)

### 5 RECOMMENDATIONS FOR POLICY CHANGES & SERVICE DELIVERY BASED ON RESEARCH FINDINGS



Increase social assistance rates



Integrate on-site supports into more housing



Support deeply affordable housing in the National Housing Strategy as its own program



Offer operational funding for supportive housing through National Housing Strategy



Encourage other housing providers to offer supportive housing.

**Consider contacting your MP and encourage them to sufficiently fund supportive housing in the National Housing Strategy.**



## Give a Gift of Hope

Gifts of Hope aren't only great options for your Christmas giving – you can give the Gift of Hope all year round! There are many options which still require funding, like supplies for community-building arts and crafts programs or a barbecue for outdoor events. Maybe you want to furnish apartments at Streetsville in Mississauga, giving new tenants a fresh start in their new home.

Do you have a region especially on your heart? We have options in Peel Region, Waterloo Region, Hamilton, London, Woodstock, St. Thomas, and Simcoe!

For a complete list of  
Gifts of Hope options,  
scan or visit  
[indwell.ca/gifts-of-hope](http://indwell.ca/gifts-of-hope)



Tenant Josh enjoys the new patio umbrella at Blossom Park in Woodstock with Program Supervisor Heather Thompson and Indy, the Blossom Park mascot dog.



William and Sue, tenants at the Perkins Centre, help plant herbs in one of the new raised garden beds. These are designed to be wheelchair accessible for tenants with limited mobility to grow herbs, veggies and flowers, and then enjoy eating and sharing their homegrown produce. Now these herbs and vegetables are flourishing. Thank you to everyone who funded Gifts of Hope!



### (cont'd from pg. 1)

**homelessness is, in fact—from a policy perspective  
—also homeless.**

This study will inform future policy—and we are not finished.

Together, Western University and Indwell have secured additional funding to continue our research for a further five years, allowing us to compare different forms of support being provided at four different housing sites in

London and St. Thomas. We look forward to continuing our partnership with Western to study and improve our model of permanent supportive housing, and provide information for others to do the same.

Adapted from 'Western University  
and Indwell collaborate on  
housing for those most in need.'  
To read the full post and  
view the report, scan or  
visit [indwell.ca/news](http://indwell.ca/news).





# Indwell Supports: Wrapping Around, Achieving Wellness

Many Indwell tenants arrive from hospital, the justice system, shelter services, or other forms of precarious housing. Supports increase the likelihood that they're successful in maintaining stable housing and pursuing their health and wellness goals in a supportive community.

While nearly all supports are available to every tenant who needs them, Indwell's enhanced supportive housing provides services that wrap around the tenant more intensively through an on-site interdisciplinary staff team.

To read more about Indwell's supports, scan or visit [indwell.ca/supports](https://indwell.ca/supports).



Renee Game, Housing Support Staff, hands out medication to tenants at Wentworth Program in Hamilton.



## STANDARD

### Housing Support:

- 24/7 on-call support
- apartment checks
- pest management
- peer-initiated supports
- harm reduction services

## ENHANCED

- Medication
- Meal Plan
- Furnished Apartments

- Addictions
- Behavioural Therapy
- Nursing
- Recreationist
- Psychosocial
- Therapeutic Rehabilitation

## Update on Bill C-22

Many of you have been in contact with us, hoping for updates about Bill C-22, the Canada Disability Benefit Act, after reading about it in our Spring Newsletter.

We're so pleased that this bill has received final approval by the Senate and Royal Assent from the Governor General, meaning it's **now passed into law, creating a federal income supplement for people with disabilities**.

Bill C-22 could increase the financial security and independence for people with various disabilities; people

who comprise up to 40% of Canada's low-income population and are more likely to be unhoused or precariously housed.

Regulations for this Bill will be developed in the coming year and we've advocated for a significant increase in shelter supports as part of these regulations. We look forward to joining with people with disabilities and related organizations to contribute to the development of Bill C-22.

To read "The Canada Disability Benefit Act: A hopeful solution" from our 2023 Spring Newsletter, scan or visit [indwell.ca/news](https://indwell.ca/news).



# Save the date for these upcoming events:

## Mississauga Reception

Thursday, September 14  
Small Arms Inspection Building, Mississauga

## London Social

Fall 2023 - Details coming soon!

## St. Mark's Place Grand Opening

Thursday, October 19, 825 King St W, Kitchener

## Woodstock Hope & Homes Banquet

Friday, November 3  
Maranatha Christian Reformed Church, Woodstock

To register for these  
events scan or visit  
[indwell.ca/events](https://indwell.ca/events).



Interested guests gather for a tour of The Station in St. Thomas, at the Opening New Doors event on May 18. Opening this fall, The Station will include 45 new supportive, affordable homes, as well as a new City of St. Thomas firehall.

## CHARITY EVENTS:

### Inaugural River Dali & RPM Hestia Charity Golf Tournament

Thursday, September 21  
Grand Valley Golf & Country Club, Cambridge

### Lynn Macauley Legacy Project Walkathon

Saturday, September 24, Kitchener

Subscribe to our email list, check [indwell.ca](https://indwell.ca) and follow us on social media to receive announcements and invitations to grand openings and events.

Indwell is a Christian charity that has been supporting vulnerable adults for nearly 50 years. It is the fastest growing developer of new supportive affordable housing in Ontario. Indwell's communities support over 1,100 tenants in regions across Southern and Southwestern Ontario—with several projects currently in development.

Indwell empowers tenants through a variety of supports to achieve health and wellness goals, to positively engage with their communities, and to maintain permanent, safe housing. The stability of Indwell's programming has proven effective, with 9 out of 10 tenants remaining with Indwell after their first year.



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