

# What Helps People Stay Healthy?

Presentation by Health for Homeless

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# 01

## What helps people stay healthy?

# Health is more than going to the doctor!

How healthy we are depends on:



Where we live



If we have friends



If we can get places easily



How much money we make



How active we are



How healthy we eat

These non-medical factors that impact health are called:



**02**

**STORY TIME:**

**How does our lifestyle  
affect our health?**



# Meet Hailey



Hailey is a 35-year-old woman who lives alone and has few friends nearby, as her family lives abroad. She works part-time with inconsistent hours, making it difficult for her to make ends meet. When her rent was recently increased, she was forced to move out and began couch-surfing at her friend's apartment.

Without her own car or public transportation close by, Hailey has a hard time getting to work, attending medical appointments, accessing community services, and even buying groceries.

She also struggles to speak English, as she was raised abroad and had no formal education in Canada.

**Which SDoH apply  
to Hailey's story?**



Limited social support

Hailey is a 35-year-old woman who lives alone and has few friends nearby, as her family lives abroad. She works part-time with inconsistent hours, making it difficult for her to make ends meet. When her rent was recently increased, she was forced to move out and began couch-surfing at her friend's apartment.



Low income

Without her own car or public transportation close by, Hailey has a hard time getting to work, attending medical appointments, accessing community services, and even buying groceries.



Expensive housing



Lack of transportation

She also struggles to speak English, as she was raised abroad and had no formal education in Canada.



Language barrier

Let's go through each SDoH  
one at a time  
to better understand





# Social Supports



Limited social  
support



Hailey doesn't have many friends and her family lives far away.

One of her good friends has been very helpful by letting Hailey sleep on her couch, keeping Hailey from sleeping on the streets when she loses her apartment.

But otherwise, Hailey has to struggle with the loss of her apartment and job on her own.

**WE ALL NEED HELP SOMETIMES!**

It is important to have people we can reach out to for help.



# How does social support impact us?



## Opportunity

Friends help us **learn** and **build confidence**.

They can also help connect us to educational, employment, and community opportunities.

## Support

Friends can **help us work through difficult times** and help us feel supported so that we do not have to go through things alone!

## Mood

Friends make us feel **happy!**

Feeling **included** is important for health!

# Who can provide social support?



- a) Family
- b) Friends
- c) Neighbours
- d) Colleagues
- e) Religious communities
- f) Hobbies
- g) All of the above

# Who can provide social support?



In addition to family & friends, social support can come from anyone around us, including our colleagues at work, our neighbours, and those in the community who we feel connected to.

**g) All of the above**



# Income and Employment



Low income



Hailey has a job, but she only works a few hours a week and has a low income.

With her low monthly income, she struggles to pay for all the things she needs, including:

- Food
- Clothes
- Rent for her apartment

This causes Hailey a lot of stress and makes her feel anxious, which both negatively affect her mental health and sleep.

When it comes to **FOOD**, low income can interfere with health. Hailey cannot afford expensive fruits, vegetables, and lean meats. She must buy what's cheaper, which includes processed meats, white bread, and frozen pizzas. These foods have less nutritional value.



When it comes to **PHYSICAL ACTIVITY**, Hailey has less options. She cannot afford gym memberships or sports equipment, so it is harder to stay active and healthy.



## How does low income affect us?

When it comes to **HOBBIES**, Hailey also has to make sacrifices. There is not much money left over after she pays for all her basic needs to pursue things that make her happy, like tickets to the museum.





# Housing



Expensive housing

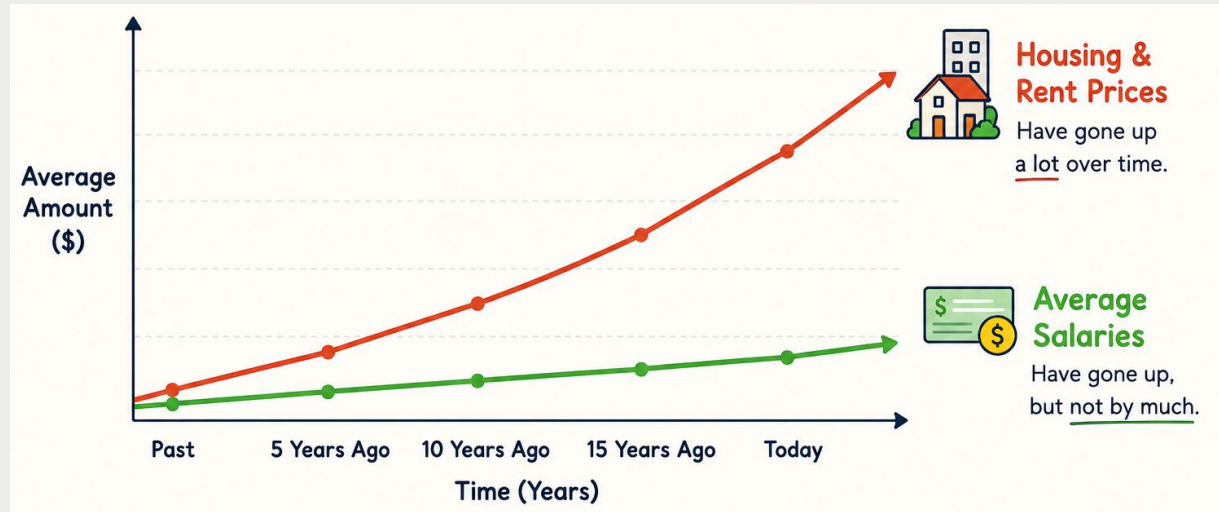


Hailey is forced to move out of her apartment when she can no longer afford to pay rent.

# Housing and rent prices are rising faster than salaries are

The cost of housing is very **expensive** – especially in the Greater Toronto Area (GTA) – and **keeps climbing higher and higher** .

Unfortunately, job opportunities and people's salaries are not increasing fast enough to match the higher housing costs.



For this reason, more and more people are struggling to afford housing and are ending up losing their homes!

# Our Homes Matter for our Health!

A safe home helps us:



Sleep and grow



Access clean water



Store food longer



Protect us from the cold and rain



Find community

# Those who are homeless or face housing instability have **POORER HEALTH** than people who have permanent housing

Studies have well documented these differences in health:

## Physical health problems affect:

- **84%** of unhoused people
- 19% of housed people



## Substance use conditions affect:

- **75%** of unhoused people
- 13% of housed people



## Mental health problems affect:

- **78%** of unhoused people
- 50% of housed people



## Physical + mental + substance use problems together affect:

- **50%** of unhoused people
- 2% of housed people





# Transportation





Lack of  
transportation



Hailey doesn't have a car and therefore relies on public transportation to get around.

Because of her limited options for transportation, she has a hard time with the following things:

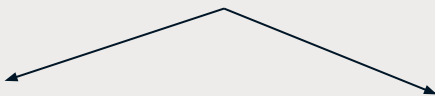
1. **Getting to work**, so she worries a lot about being fired;
2. **Attending medical appointments**, so her health concerns get delayed;
3. **Accessing community services**, which makes her feel isolated;
4. **Buying groceries**, since she can't carry much on her own



Hailey has a health appointment today



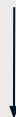
How can Hailey get there?



If Hailey could drive, she could arrive on time



Hailey can take the bus...but it is delayed today due to bad weather



Hailey is over an hour late to her health appointment so the doctor won't see her. The next available appointment is in 2 weeks :(

## Transportation – both private and public – can be expensive for everyone!

### Having your own car :



**Price of a car:** \$30,000–60,000

**Price of gas:** \$300-400

**Repairs:** \$100-1000

**Pro:** can drive wherever whenever!

**Con:** Initial cost is very expensive, gas continues to be expensive.

### Taking the train:



**Price of 1 ticket:** \$10

**2 rides per day** (to work and home)

**Work days per month:** 20

**Total price per month:** \$400

**Pro:** covers long distances fast.

**Con:** Must follow train schedules.

### Taking the bus:



**Price of 1 ticket:** \$3

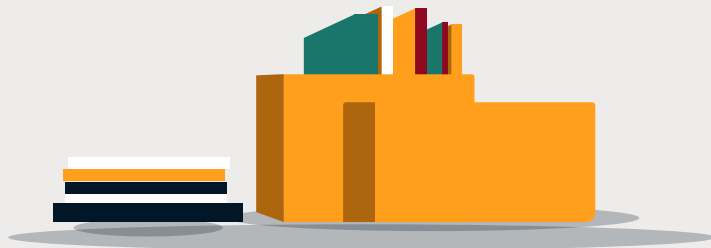
**2 rides per day** (to work and home)

**Work days per month:** 20

**Total price per month:** \$120

**Pro:** cheapest

**Con:** increases travel time by 2-3x!



**06**

**Education &  
Literacy**



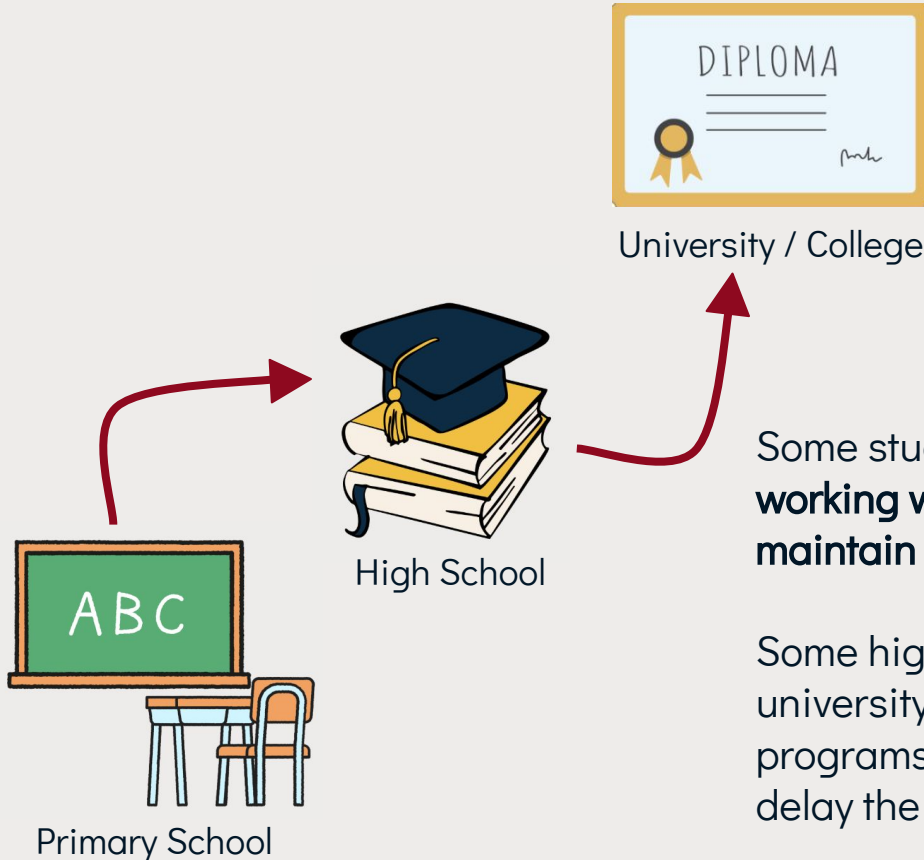
## Language barrier



Hailey doesn't speak English well.

Regardless of her level of education and qualifications, having a language barrier can make it very difficult to get a job, make friends, communicate with doctors, and navigate different Canadian systems.

# Most jobs require a university or college degree



University tuition is **thousands of dollars** and can be even more expensive if you are not living at home while attending university.

Some students work part-time jobs to make money, but **working while being in school can make it harder to maintain good marks.**

Some high-paying jobs may even require degrees *after* university -- like medical school, law school, or Masters programs -- which are not only more expensive but also delay the amount of time before you start earning income.





## Residential Tenancy Agreement (Standard Form of Lease)

What are these?

### Note

This tenancy agreement (or lease) is required for tenancies entered into on **April 30, 2018 or later**. It does not apply to care homes, sites in mobile home parks and **land lease communities**, most **social housing**, certain other **special tenancies** or co-operative housing (see Part A of General Information).

Residential tenancies in Ontario are governed by the **Residential Tenancies Act, 2006**. This agreement cannot take away a right or responsibility under the **Residential Tenancies Act, 2006**.

Under the **Ontario Human Rights Code**, ~~everyone has the right to equal treatment in housing without discrimination or harassment.~~

All sections of this agreement are mandatory and cannot be changed.

### 1. Parties to the Agreement

Residential Tenancy Agreement between:

Landlord(s)

Landlord's Legal Name

Do we know  
what these  
acts/codes  
are?

What rights do  
we have  
access to?

For a fixed term tenancy, the notice must be effective on the day the notice is given. In certain situations, a tenant may be required to pay rent at any time, even if the tenant has not yet received the keys from the Landlord and Tenant Board.

#### **When the landlord can end a tenancy**

The landlord can only give the tenancy if the landlord cannot evict the tenant and the landlord must give proper notice on the Landlord and Tenant Board's website.

If the landlord gives a tenant notice to end the tenancy, the landlord can give the tenant notice to end the tenancy.

- tenant does not pay rent
- tenant causes damage to the rental unit
- tenant substantially interferes with the landlord's or other tenants' enjoyment of the rental unit

The landlord may also give notice to end the tenancy during the term or rental period. In these cases, the landlord must give notice to the tenant to return to the unit. Examples:

- landlord or purchaser of the rental unit needs to occupy the rental unit
- landlord needs to demolish or substantially reconstruct the rental unit

If the tenant does not move out, the Landlord and Tenant Board will hold a hearing and explain their decision. An eviction order can only be enforced if the tenant does not move out.

It is an offence for the landlord to demand more than \$50,000 (for an individual) or \$250,000 (for a corporation) in damages.

#### **If the Landlord and Tenant Board orders the tenant to move out**

The tenant and landlord can agree to a tenancy signed at the beginning of the tenancy.

There is more information on how to end a tenancy on the Landlord and Tenant Board website.

#### **E. Giving Notices and Documents**

The landlord and tenant have to give notices and documents in the following ways:

- hand delivered,
- left in a mail box or
- mailed (this will count if the notice is received by the tenant within 10 days of the date it was mailed).

There are also other ways to serve notices and documents. See the Rules of Practice on its website.

#### **F. Rent and Rent Receipts (Part VII of the Act)**

Rent is the amount the tenant pays to the landlord to occupy the rental unit and receive services or facilities agreed to in this agreement.

The tenant must pay their rent on time. If they do not, the landlord can give them notice to end the tenancy.

If the tenant asks for a receipt for rent or any payment or deposit, the landlord must give them one for free. This also applies to a former tenant who asks for a receipt within 12 months after the end of their tenancy.

#### **G. Rent Discounts (Part VII of the Act)**

The landlord can offer the tenant a discount for paying rent on or before the date it is due. This discount can be up to two per cent of the lawful rent.

The landlord can also offer rent-free periods or discounts in one of three ways:

- Rent-free periods of up to three months within any 12-month period,
- A discount of up to one month's rent spread evenly over eight months, or
- A discount of up to two months' rent, with up to one month's rent spread evenly over the first seven months, and up to one month's rent discounted in one of the last five months.

These types of discounts must be agreed to in writing.

#### **H. Deposits (Part VII of the Act)**

The landlord can only collect a deposit for the last month's rent and a refundable key deposit. The tenant does not have to provide any other form of deposit, such as pet or damage deposits. If the tenant pays anything more, the tenant can apply to the Landlord and Tenant Board to get the money back.

**Rent deposit (i.e. last month's rent):** The landlord can require a rent deposit on or before the tenant enters into the tenancy agreement. The landlord must apply this money to the rent for the last period of the tenancy. The rent deposit must not be more than one month's rent or the rent for one rental period (e.g., one week in a weekly tenancy), whichever is less.

The landlord must pay the tenant interest on the rent deposit every year. If the rent increases after the tenant has paid a rent deposit, the landlord can require the tenant to top-up the rent deposit so that it is the same as the new rent. The landlord can use the interest on the rent deposit to top-up the rent deposit.

If the landlord is unable to let the tenant move into the rental unit, the landlord must return the deposit, unless the tenant agrees to rent a different unit.

**Key deposit:** If the landlord collects a deposit for key(s), remote entry devices or cards, the landlord must return the deposit when the tenant gives back their key(s) at the end of the tenancy.

The landlord can charge the tenant for additional keys that the tenant requests (for example, if the tenant wants an extra key or if the tenant has lost their key), but the charge cannot be more than actual cost of the keys. This is not a key deposit.

#### **I. Rent Increases and Decreases (Part VII of the Act)**

Normally, the landlord can increase the rent only once every 12 months. The landlord must use the proper Landlord and Tenant Board form and give the tenant at least 90 days' notice before the rent increase is to take effect.

##### **Guideline Rent Increases**

In most cases, the rent can be increased by no more than the rent increase guideline unless the Landlord and Tenant Board approves a rent increase above the guideline. The guideline for each year can be found on the Landlord and Tenant Board's website. Some newer units are not subject to the rent increase guideline, including:

- A unit in a new building, if no part of the building was occupied for residential purposes on or before November 15, 2018;
- A unit in a new addition to an existing building, if no part of the addition was occupied for residential purposes on or before November 15, 2018; and,
- A new second unit in an existing house, such as a basement apartment, that was created after November 15, 2018 and that meets the requirements set out in the Act.

# 6 pages of dense text to read through...

- Legal vocabulary
- Multiple items and conditions
- Rent/deposit calculations
- etc.



**Does Hailey's story help you  
better understand all the  
different factors affecting  
health?**

# Final Takeaways

- Learning about the social determinants of health (SDoH) helps us understand that health is affected by many things -- not just doctors and medicine. Things like housing, food, education, income, and access to health care can all affect a person's health and are very interconnected to one another.



- Everyone deserves the opportunity to be healthy! **Understanding the SDoH helps us learn how to support one another and build healthier communities.**