The Halton Legal Health Check-Up

Seeking solutions to the legal problems in everyday life that may be harmful to your health
Halton Community Legal Services is a community legal clinic funded by Legal Aid Ontario to provide free legal aid services to low income residents in Halton.

Graphic design and illustration by Tony Biddle, www.perfectworlddesign.ca

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This check-up covers some of the legal problems we help our clients solve everyday—having enough money to live on, having a home to call their own, access to education, a good job and family/social/health supports.

We created this legal health check-up because:

- Many people do not think of their everyday problems as being “legal” problems, and do not know that we can help.

- People living in poverty are more likely to report multiple problems such as bad health, unemployment, low income, poor housing and family breakdown.

- Poverty can make you sick. Residents in the most socially and economically deprived areas within Halton visit emergency departments more often, are hospitalized more frequently and have higher rates of premature death.

Sources:

How this check-up can help us help you

We want to help you before a neglected or unresolved problem makes you sick and leads to a crisis like eviction and homelessness.

We know problems can add up. It is best to deal with each problem separately. Dealing with all your problems at once can be overwhelming. Answering the questions in this screening tool and returning it to us gives us a chance to figure out what your problems are, and determine what we can do to help.

We can also provide referrals to other community groups and agencies that can help you too.

If you decide to complete this check up...

- All responses will be confidential.
- Simply answering the questions does not make you a client of Halton Community Legal Services and does not create a solicitor-client relationship.
- There is a contact sheet at the end that you can fill in if:
  - you would like someone from our legal clinic to call you about how we can help, or...
  - you would like us to send you helpful information about other community services that can help, or...
  - you would like to attend an education and support session to learn about your legal rights with people sharing the same kind of experience.

If you need urgent assistance with a problem, please call us.

905-875-2069
Take the check-up!

Income

1. Do you ever have trouble making ends meet at the end of the month?  
   - Yes  
   - No

2. Do you have enough money for food to feed your family?  
   - Yes  
   - No

3. Do you need help getting or keeping any of these benefits?  
   - Ontario Works
   - Employment Insurance
   - Ontario Disability
   - Guaranteed Income Supplement
   - Canada Pension Plan
   - Child Benefits
   - Old Age Security

4. Do you need help when you do your taxes?  
   - Yes  
   - No

5. Can you afford your prescription medicine?  
   - Yes  
   - No

6. Is anyone contacting you to pay outstanding bills?  
   - Yes  
   - No

7. Do you have any other income problems?  
   (Describe)
1. Are you currently behind in your rent?  
   - Yes  
   - No

2. Are you at risk of having your rent subsidy cancelled?  
   - Yes  
   - No

3. Have you been late paying your rent in the past year?  
   - Yes, how many times?  
     - No  
     - Yes, 1 to 3 times  
     - Yes, 4 to 6 times  
     - Yes, more than 6 times

4. Are you behind with your utility bills?  
   - Yes  
   - No

5. Do you have any of the following problems?  
   - Landlord not making repairs  
   - Heat or air conditioning not working  
   - Hard to keep mould, bugs or rodents away  
   - Other unsafe conditions (Describe)  

6. Have you been given any eviction papers by your landlord or the Landlord and Tenant Board?  
   - Yes  
   - No

7. Have you been discriminated against or harassed by your landlord?  
   - Yes  
   - No
Education

1. Do you receive a Canada Learning Bond for your child(ren)?
   - Yes □ No □

2. Are you concerned about your child’s education, attendance or performance in school?
   - Yes □ No □

3. Is your child able to participate in all the activities offered at school?
   - Yes □ No □

4. Is transportation ever a problem for you or your child to participate in activities at school?
   - Yes □ No □

5. Do you need subsidized day care so you can go to school?
   - Yes □ No □

6. Do you need help accessing adult education classes or a job training program?
   - Yes □ No □

7. Are you in default of a student loan?
   - Yes □ No □

8. Do you have any other education problems?
   - Yes □ No □

   (Describe)_____________________________________________________________________
   _______________________________________________________________________________
### Employment

1. Do you have any concerns about your job?  
   - Yes ☐  No ☐

2. Do you have a disability that is affecting your job performance?  
   - Yes ☐  No ☐

3. Are you concerned about disclosing your health conditions to your employer?  
   - Yes ☐  No ☐

4. Have you been injured at work?  
   - Yes ☐  No ☐

5. Is your workplace unsafe?  
   - Yes ☐  No ☐

6. Are you being harassed or discriminated against by your employer or co-worker?  
   - Yes ☐  No ☐

7. Do you worry about being fired, laid off or having your hours cut?  
   - Yes ☐  No ☐

8. Do you have trouble getting the time off that you need?  
   - Yes ☐  No ☐

9. Does your employer owe you money?  
   - Yes ☐  No ☐

10. Are you having trouble finding a job because of a criminal record?  
    - Yes ☐  No ☐

11. Are you having trouble finding a job because of a lack of Canadian experience or training?  
    - Yes ☐  No ☐

12. Are you having any other employment problems?  
    - Yes ☐  No ☐

   **(Describe)**

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
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<thead>
<tr>
<th></th>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>1</td>
<td>Are you going through a divorce or separation?</td>
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<td>2</td>
<td>Do you have any concerns for your safety or for your children’s safety?</td>
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<td>3</td>
<td>Do you have any problems with child support, access or custody?</td>
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<td>4</td>
<td>Do you have someone to make healthcare decisions for you if you become unable to do so?</td>
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<td>5</td>
<td>Do you want someone to make financial decisions and/or transactions for you if you are unable?</td>
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<td>6</td>
<td>Are you having trouble getting the help you need, including healthcare, because of your immigration status?</td>
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<td>7</td>
<td>Are you able to get the health services and supports that your doctor suggests?</td>
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<tr>
<td>8</td>
<td>Are you able to get the dental services you need?</td>
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<td>9</td>
<td>Do you or your child(ren) need assistance to get involved in fitness or recreation programs?</td>
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Can we contact you?

Would you like our intake worker to call you to see if we can help? If so, please give us this information:

Name: ________________________________
Address: ______________________________________
___________________________________________
Phone number: ____________________________

Would you like us to send you resources that we think might be helpful? If so, please give us this information:

Name: ________________________________
Mailing address: ______________________________________
___________________________________________
E-mail: ______________________________________

OR

Name: ________________________________
Phone number: ____________________________
E-mail: ______________________________________

Would you like to attend a free public legal education and support session to learn about your legal rights? If so, please give us this information:

Name: ________________________________
Phone number: ____________________________
E-mail: ______________________________________
Return your check-up to us

When you have completed your check-up and want us to review your results to determine how we can help, please return it to Halton Community Legal Services.

You can return this check-up to us in one of the following ways:

**Hand it back**
Put it in a sealed envelope and return it to the person who gave it to you. She or he will return the sealed envelope to Halton Community Legal Services for you.

**Mail it**
Put it in a sealed envelope and mail it to us at this address:

Halton Community Legal Services  
72 Mill Street  
Georgetown, Ontario  
L7G 2C9

**Call us**
Call us at 905-875-2069 and speak with our intake worker about your answers.

**Visit us on-line**
Contact us through our website at www.haltonlegal.ca

If you would like to remain anonymous, that’s okay. We would still like to know about your legal health because that helps us understand our community better.

Remember, if you do want us to contact you, you must fill in your contact information on the previous page.