

**January 14, 2021**

What Ontario's Stay-at-Home Order Means for Care Partners

This document is meant to provide clear, plain-language interpretations of the exemptions allowed under Ontario's stay-at-home order that ASiO staff may refer to when addressing questions from clients. It is accurate as of January 14, 2021. This document is not to be presented as legal advice to clients or staff.

**What is a stay-at-home order?**

Using its emergency powers, the Government of Ontario has ordered that everyone, everywhere remain inside their homes at all times unless they are performing one of 29 permitted activities.

**How long will this last?**

The stay-at-home order took effect at midnight on January 14, 2021 and will remain in force until January 27, 2021 unless it is extended.

**Is caregiving one of the permitted activities?**

Yes. Providing care and support to someone who requires it is a valid reason to leave your home, and anyone who requires care is also allowed to have a caregiver inside their home.

**Can I still run errands for the person I care for?**

Yes. Obtaining anything necessary for someone's health, including medication, is an essential reason to leave home. You can also go grocery shopping for someone who is unable to do so themselves. Dropping off groceries, medication, or other essential supplies for someone you care for is exempted from the order.

**Are doctor's appointments cancelled? Can I still go with my loved one?**

All health care providers that were open before the stay-at-home order took effect, including dentists and doctor's offices, are allowed to remain open. Accessing health care is an essential reason to leave home: you are allowed to see your doctor, or another health care provider. You are also allowed to accompany someone you care for anywhere they may require assistance, including medical appointments—however, check with your doctor's office first as they may have restrictions on who can and cannot enter their building.

**Is the Alzheimer Society still open?**

Yes. The Alzheimer Society is a provider of health care, and an essential service permitted to remain open. Some services are now provided online for the safety of both our clients and staff; check with your local Alzheimer Society office to see what is offered in-person and online. If you are attending an in-person program at the Alzheimer Society, travelling to and from this program is an essential reason to be outside of your home.

**What if I don't live with the person I care for? Can I still go to their home?**

Yes. There is no ban on travel within Ontario, and you are permitted to travel both to and from the person you are caring for.

**Is there a curfew? Do I have to be home by a certain time?**

No. There is no curfew in effect, and you may be outside of your home at any hour of the day provided it is for an essential purpose.

**What do I do if a police officer questions me?**

If a police officer suspects you are violating the stay-at-home order, you must provide the officer with your correct name, address, and date of birth. Explain that you are a care partner, and you are outside of your home to support someone who requires your assistance. It is recommended that you put on a face covering when interacting with a police officer.

**Where can I go if I want more detailed information?**

The full stay-at-home order, including all 29 exemptions, is available here:  
<https://www.ontario.ca/laws/regulation/210011> (EN),  
<https://www.ontario.ca/fr/lois/reglement/210011> (FR).