

SENIOR SUPPORT SERVICES CPHC



Senior Support Services
*Supporting Seniors Independence
at Home and in the Community.*

Supporting Seniors at Home and in the Community

ABOUT US

- ▶ Senior Support Services (CPHC) is a registered charitable organization dedicated to improving the lives of seniors and their families. Chiefly serving Lanark, Leeds and Grenville, and Kingston (Lifeline). Senior Support Services (CPHC) provides broad and flexible support with the result of improving the health, safety and happiness of our clients.
- ▶ **OUR MISSION...**
Help seniors to remain safe, healthy, and independent, and to thrive in their homes and local communities.

A glimpse into the services we provide



<https://cphcare.ca/wp-content/uploads/2023/02/CPHC-Promotional-Video.mp4>

OUR SERVICES

- ▶ **Frozen Meals on Wheels** - Nutritious frozen meals delivered to your door. Meals can be heated in a regular oven or a microwave. Order forms are available, clients can call in their choices, or you can order directly on our website. \$6.00 Entrée, \$2.00 Soup, \$2.00 Dessert. (Choices for special diets are available). Available throughout Leeds & Grenville.
- ▶ **Hot Meals on Wheels** - Hot meals delivered to your door around noon Monday-Friday. Available in Brockville and Prescott. The cost is \$8.00 and it includes soup, entrée, and dessert. (Diabetic diets accommodated).
- ▶ **Transportation** - providing escorted transportation to local medical appointments, out of town specialists, grocery shopping and any other essential trips. \$10/in-town Brockville, \$6/additional stop. Long-distance is based on \$0.50/km.



OUR SERVICES

- ▶ **Diners Clubs** - Congregate dining once a month at various locations throughout Leeds & Grenville. A great chance to socialize, enjoy a meal and connect with friends. The cost is \$12.
- ▶ **In-Home Respite Care** - Allowing caregivers to take a break, while providing assurance that their loved one is safe and well looked after. This may include companionship, some personal care, homemaking duties and more. \$12/hour for the first 6 hours per week. \$29/hour for every hour after.
- ▶ **Adult Day Service** - A program designed for seniors by qualified staff. It consists of a full day with social, recreational and educational activities including exercise, crafts, games, trivia and cognitive therapy. This also provides respite to loved ones from their daily caregiving role. The cost is \$22 per day.



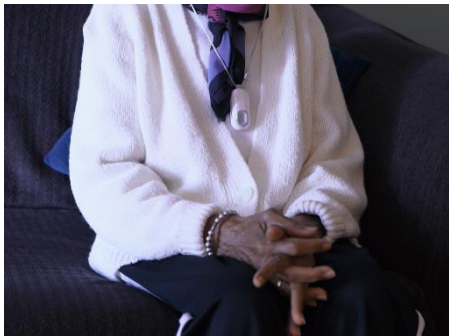
OUR SERVICES

- ▶ **Exercise & Fall Prevention** - Free exercise classes designed to help seniors stay active, independent and “on their feet”. Services are extended to Lanark County. Classes include: Seniors Exercise, Gentle Fit, Parkinson’s Exercise, Stroke Survivor Exercise, Fall Prevention (a 12-week certificate program, which includes a combination of exercise and education), & Nordic Pole.
- ▶ **Stroke Understood, Aphasia Conversation Groups, and Living with Stroke Groups** - Group meetings with a trained facilitator, stroke survivors and the care giver to discuss and exchange ideas, experiences, life strategies, communication strategies and to support one another on ways to cope with the life changes resulting from stroke.
- ▶ **Foot Care** - Qualified Foot Care Nurses provide services that include an assessment of the feet, trimming and filing of nails, callous care, corn care, thickened toenail reduction and care of ingrown toenails. They also provide skin care, education and more. \$35 for initial visit and \$28 for every return visit.



OUR SERVICES

- ▶ **Lifeline** - A Personal Medical Alert/Response System with 24/7 monitoring. Serving Leeds & Grenville, Lanark and Kingston. Whether you need the “go anywhere” protection with On The Go, the automatic fall detection of AutoAlert, the peace of mind offered by HomeSafe or an easy way to manage your medications, Lifeline has you covered. Costs vary per button option.
- ▶ **Home Help/Home Maintenance** - Screened workers who will help clients maintain a clean and safe environment inside their home and maintenance outside their home. Home help duties include light house keeping, meal preparation, laundry and more. The cost is \$20/hr. Home maintenance duties can include yard and garden work, washing outside windows, odd jobs and more. The cost is \$22/hr.
- ▶ **Wellness Calls** - Keeping seniors connected by providing companionship through phone conversations.



How to Refer:

- ✓ Self referral
- ✓ CPHC Referral Prescription Pad; fax to 613-342-8992
- ✓ Referral form on www.cphcare.ca; fax to 613-342-8992
- ✓ Caredove - link on www.cphcare.ca or through OceanMD
- ✓ Call our office 613-342-3693

THANK YOU!!

Contact Us

2235, Parkedale Ave, Brockville, ON K6V 6B2

HOURS OF BUSINESS: Monday - Friday 8:00 am - 4:00 pm

[613-342-3693](tel:613-342-3693)

info@cphcare.ca



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