



Senior Support Services

*Supporting Seniors Independence
at Home and in the Community.*

OUR MISSION...

To provide client centered services for seniors and their care givers which promote choice, independence, and safety in their own homes and community.

1.800.465.7646

www.cphcare.ca

2235 Parkedale Ave.
Brockville, ON K6V 6B2

Services we provide...

Meals on Wheels - delivery of hot and/or frozen nutritious meals, and providing a safety check to clients in their homes.

Transportation - providing escorted transportation to local medical appointments, out of town specialists, grocery shopping and any other essential trips.

Adult Day Service - a day program for seniors to socialize, participate in games, crafts, singing and cognitive therapy. Participants are those with dementia, physical challenges and/or are isolated within the community. This program also provides respite to loved ones from their daily care giving role.

Foot Care - Clinics where trained nursing professionals provide foot care.

Diners Clubs - Monthly meetings with a nutritious meal, social activity and friendly companionship.

In-Home Respite Care - Provides in home support for clients who cannot be left alone while giving their care givers a much needed break. Care givers are able to go out and run errands, meet with friends and simply enjoy some alone time.

Lifeline - a Personal Medical Alert/Response System with 24/7 monitoring.

Exercise & Fall Prevention - classes are combined with exercise and education and are designed to help seniors stay active, independent and "on their feet".

Home Help/Home Maintenance - Screened workers who will help clients maintain a clean and safe environment inside their home and maintenance outside their home.

Stroke Understood - Monthly group meetings with a trained facilitator, stroke survivors and the care giver to discuss and exchange ideas, experiences, life strategies, and to support one another on ways to cope with the life changes resulting from stroke.

