

# SENIOR SUPPORT SERVICES CPHC

*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.



**Senior Support Services**  
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# 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.
- ▶ As a former branch of the Victoria Order of Nurses (VON), Senior Support Services (CPHC) first began serving the seniors of Brockville in 1913. By 1970, Senior Support Services (CPHC) had expanded throughout Lanark, Leeds and Grenville to serve communities such as Smiths Falls, Carleton Place, and Gananoque.
- ▶ In 2006, the VON Lanark, Leeds and Grenville Branch officially became Senior Support Services (CPHC). We presently serve over 5,000 clients throughout the tri-county area. We also provide services such as Meals on Wheels, Escorted Transportation, and Lifeline.

# OUR SERVICES

- ▶ **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.



# OUR SERVICES

- ▶ **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.



# OUR SERVICES

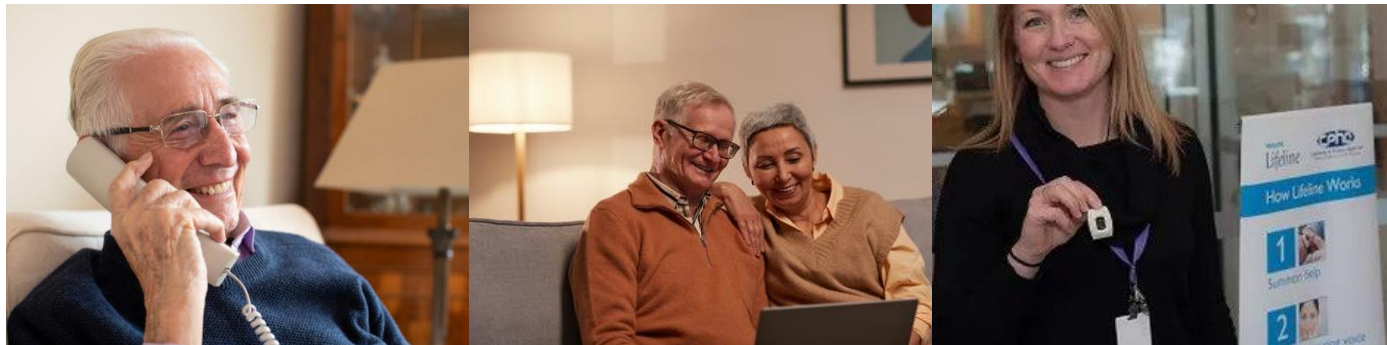
- ▶ **Home Help/Home Maintenance** - Screened workers who will help clients maintain a clean and safe environment inside their home and maintenance outside their home.
- ▶ **Exercise & Fall Prevention** - classes are combined with exercise and education and are designed to help seniors stay active, independent and “on their feet”.
- ▶ **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.





# OUR SERVICES

- ▶ **Seniors' Centre Without Walls (SCWW)** - a free, interactive call in program that connects seniors 55+. SCWW offers daily programming over the phone such as bingo, short stories, trivia, special guests and more!
- ▶ **Creating Connections Virtual Program:** A free, interactive virtual program that connects seniors 55+ who are missing that human connection. Through the use of tablets, laptops, computers or phones, join us virtually for our knitting clubs and exercise programs.
- ▶ **Lifeline** - A Personal Medical Alert/Response System with 24/7 monitoring. Serving Leeds & Grenville, Lanark and Kingston.



# 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](mailto:info@cphcare.ca)

[www.cphcare.ca](http://www.cphcare.ca)



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