



ESS

Support Services

Caring & Responsive Programs for Seniors



Respect

Dignity



Care



Commitment



To help you stay in your home...

Adult day services for seniors and adults who are physically frail and/or cognitively impaired. Participants are offered a secure environment to participate in social and recreational activities. While the program member receives care, family members and caregivers find respite from their caregiving responsibilities.

Monday to Saturday 8:30 am to 4:30 pm
(extended hours are available).

Bathing program for seniors and adults finding it difficult to bathe in their own home.

Caregiver support a service for any person who provides care for a senior or an adult with a disability. Assisting with a variety of social and emotional issues, ESS counselors provide long or short term individual support, advocacy and links to appropriate community resources. Caregiver Support Groups, led by the counselor, provide an opportunity for caregivers and/or family members to share and problem solve.

Caring centre offers short-stay accommodation in a safe home-like environment for seniors/adults who are physically/cognitively impaired. PSWs provide 24/7 care for individuals allowing family members relief from their care giving role.

Seniors' luncheon is a great way for seniors to enjoy a nutritious meal in a social setting.

Wellness Programs...

Community education offered on a wide range of health and wellness topics including: diabetes education, the aging process, skin care, emergency preparedness, gentle care, fall prevention, continence management, back care and caring for a stroke survivor.

Chronic disease self-management program a series of six weekly workshops offered to seniors and adults living with chronic health conditions. Participants learn the skills to self-manage their medical condition and maintain their ability to complete everyday tasks. The workshops are provided by ESS Stanford Master Trainers.

Stay fit a gentle exercise program for seniors led by a fully qualified fitness instructor. Seniors improve balance, flexibility, upper and lower body strength needed for daily activities.

Type 2 diabetes clinic provides free individual counseling and group education sessions for seniors and adults living with Type 2 diabetes. Weekly sessions are provided by a Nurse Educator and Registered Dietitian.



**For information call ESS at
416-243-0127**

Friendly visiting & telephone security checks are provided to seniors and adults who have difficulty engaging in activities outside their home. ESS volunteers make regular social visits to individuals in their homes. Agency volunteers maintain telephone links with isolated seniors providing safety reassurance and security checks.

Information & referral program provides answers to important questions about seniors' services. We can also provide referrals to community support services such as long term care, social housing and financial aid.

Intervention & assistance services provide support and crisis intervention in critical situations for vulnerable and at-risk seniors, persons with dementia and/or their caregivers.

Respite care delivered in an individual's home providing relief for family/friends from their caregiving role. The services may include meal preparation, bathing and personal hygiene, social stimulation and light housekeeping.

Supportive housing provides on-site supports and assistance, including personal care, homemaking, and emergency response 24-hours a day for seniors living in designated locations.

Transportation provided by agency staff using agency vehicles or volunteers using private cars. Escorted trips are available to medical appointments, including doctor, dentist, physiotherapist, chiropractor and non-emergency hospital appointments. Group transportation to grocery stores and community programs is also provided (social-type visits when available). ESS partners in many transportation programs.

I want to help...

I want to help seniors remain in their own homes and communities by...

- Offering my financial support with a donation of \$ _____.
Please enclose a cheque payable to Etobicoke Services for Seniors. Income tax receipts are issued for donations \$10 and over.

Other ways to support ESS:

- Become an ESS member
- Share my time and skills as a volunteer
- Make an In Memoriam donation
- Make a Celebration donation (birthday, anniversary, graduation or other special event)
- Make a bequest through my will or insurance policy
- Contribute online at www.esssupportservices.ca or through CanadaHelps.org

Please complete this form and return it to us.
Thank you for your support.

Name: _____

Address: _____

City: _____

Postal Code: _____

Telephone: _____



2245 Lawrence Ave. W.
Etobicoke, ON M9P 3W3

Tel: 416-243-0127 Fax: 416-243-7987

Email: agency@esssupportservices.ca

Website: www.esssupportservices.ca

Charitable No. 11896 5029 RR 0001

Volunteers

Volunteers are critical to many of the programs and services offered by ESS Support Services. Volunteer positions are available for both short-term and long-term periods. You can volunteer throughout the week as well as on weekends.

While volunteering at ESS you will:

- Help support a senior's independence in his or her own home
- Befriend an individual who may be lonely and isolated
- Meet other individuals in the community who volunteer
- Attend workshops and training sessions
- Support a vital community service

ESS Support Services is a not-for-profit agency that has been assisting seniors, their families and caregivers since 1983. ESS is committed to supporting seniors in their desire to remain in their own homes and community.

Sources of funding

- Central Local Health Integration Network
- Toronto Central Local Health Integration Network
- The United Way of Toronto
- City of Toronto, Community & Neighbourhood Services
- Private Donations and Gifts
- Fundraising Activities



Please detach and send to ESS.