



Helping you where you need it most

Compassionate and high-quality community programs and in-home services for older adults, adults with disabilities, and caregivers in the Etobicoke community and Greater Toronto Area.



VOLUNTEER WITH US

Volunteers are central to what we do. As a volunteer, your time and talents will help us impact more people by supporting our programs, services and fundraising initiatives.

Contact us to get involved

416-243-0127 ext. 505



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agency@esssupportservices.ca
www.esssupportservices.ca

ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.



Charitable Registration Number:
11896 5029 RR 0001



ESS
Support
Services



Caring for aging adults, in their homes and community, through programs that support well-being.

www.esssupportservices.ca





☐ **ADULT DAY PROGRAMS**

Designed for older adults living with memory impairments and/or physical frailty. Spend the day connecting and socializing with peers in your community. Meals and planned activities that stimulate the mind and body are provided in a friendly and safe environment.

☐ **ASSISTED LIVING**

Assistance with activities of daily living. Service available at select seniors' residence buildings in Etobicoke.

☐ **CAREGIVER SUPPORT GROUP**

A compassionate and supportive network for caregivers to share experiences and learn useful tips about caregiving for someone with Alzheimer's disease or other memory impairments.

☐ **EXERCISE & FALLS PREVENTION**

Fun, fit and social. Weekly exercise and falls prevention classes for adults ages 55+ of all levels and abilities.

☐ **H.E.A.R.T.S CAREGIVER PROGRAM**

Supporting caregivers of adults with developmental disabilities with educational resources, wellness activities, services, and community networking opportunities.

☐ **IN-HOME RESPITE**

Support at home including personal care, light homemaking, meal preparation, medication assistance, companionship, and escort to appointments.

☐ **OVERNIGHT RESPITE**

Secure and comfortable overnight accommodation in our Caring Centre. Professional care for older adults who have a memory impairment, chronic illness or physical disability. Providing short-term respite for caregivers.

CONTACT US

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☐ **SENIORS' LUNCH PROGRAM**

A weekly social program for independent seniors to enjoy a well-balanced meal, recreational activities and building friendships.

☐ **TRANSPORTATION**

Safe and affordable transportation to and from medical and non-emergency hospital appointments. Community programs, grocery trips and social outings.

☐ **FRIENDLY CALLER PROGRAM**

Volunteers offering conversational phone calls for older adults.



We're here to help.

Whether you need some assistance with independent living to remain comfortably in your own home, or you're a caregiver who could use extra support, we're here for you.