



Summerville – Staying in Your Home Presentation 2024

Today's Goals

- ✓ Learn about Links2Care
- ✓ Gain better knowledge about programs
- ✓ Ways to remain active and be involved
- ✓ Answer your questions

About Us

Links2Care is a non-profit, charitable, community support organization delivering a wide variety of programs and services to Halton Region, Mississauga and South Etobicoke children, families, seniors, adults with disabilities and people in need.

VISION

A community that is cared for, always. To create a community where everyone feels cared for and supported

VALUES

Our culture of caring is grounded in respect, equity, integrity, dedication, and innovation for our clients, employees, partners and communities

MISSION

To enhance well-being through access to care and connections. To enhance the lives of individuals in our community by providing access to quality programs and services that promote well-being and foster connections

Our Sites, Services and People

Acton Office	Georgetown Office	EarlyON Acton	School-Age Park
Oakville Office	Supportive Housing Acton	EarlyON Georgetown	School-Age Joseph Gibbons

SENIORS & ADULTS WITH DISABILITIES	COMMUNITY SUPPORT	CHILDREN & FAMILIES
<ul style="list-style-type: none"> • Home Help • Bathing • Caregiver ReCharge • Friendly Visiting • Home Maintenance & Repair • Community Navigation • Supportive Housing • Meals Programs 	<ul style="list-style-type: none"> • Care Navigation • Food Security and Basic Needs • Homelessness Prevention • Help with Gas and Hydro • Income Tax Services 	<ul style="list-style-type: none"> • EarlyON Child & Family Centres • School-Age Care • Backpack/School Supplies • Holiday Giving • Jumpstart

We are able to provide these services through the dedicated support of approximately:

120 In-Home Services Staff (PSWs & CSWs)	15 Children's Staff (RECEs, EAs)	30 Leadership & Support Staff	95 Volunteers
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In- Home Services

In-Home Services: Home Help

Home Help

Home Support Workers provide light housekeeping and/or laundry to enable seniors and adults with disabilities to continue living independently in their own homes. Min 2- hour weekly visit.

Eligibility:

- Living alone or with a spouse who also requires support
- Difficulty completing household tasks
- No informal supports
- Difficulty with mobility, risk of falls, and/or uses a walker or wheelchair



In-Home Services: Bathing Assistance

Personal Support – Bathing Assistance

- Personal Support Workers (PSW's) provide assistance with weekly bathing or showering.
- Includes much needed support with drying, dressing and cleaning up washroom afterwards.
- Reduce falls and unnecessary accidents.



In-Home Services: Caregiver Recharge

The Caregiver ReCharge service is to provide in-home, worry-free relief by a certified Personal Support Worker for primary, informal caregivers experiencing high stress providing support for their loved ones.



Friendly Visiting



Stay Connected



Friendly Visiting Program

- Companionship program for seniors and adults with disabilities living in Halton
- Helps alleviate loneliness, isolation, depression
- Acts as wellness check for the individual
- 1-2 hour weekly visits or telephone calls
- Visits are determined by the volunteer and the client, mutually decided upon

Friendly Visiting Program

- Volunteers and clients can be creative with their visits
 - Have a chat
 - Go for a walk
 - Visit the library
 - Go to a café or restaurant
 - Play board games/card games
 - Cook or bake together
 - Learn a new hobby together
 - Have the client teach you a new hobby or skill
 - Teach the client a new hobby or skill
 - Read to the client

Meal Programs



Shop Assist Program

- The goal of the Shop Assist program is to deliver grocery orders for seniors, adults with disabilities and single parents who are isolated, living independently, and who do not have access to a vehicle.
- Volunteers will be collecting grocery orders from the following stores and delivering them to the client's door;
Sobeys – Acton
Walmart – Georgetown
- Deliveries happen once a week, either on Wednesday or Thursday



Meal Delivery Programs

- Deliver hot and frozen meals to seniors and people with disabilities in Acton or Georgetown
- **Common reasons for ordering meals:** daily security wellness check, difficulty preparing meals, safety with food prep, dietary restrictions, lack of desire to manage meal preparation, inability to complete meal prep, ensuring proper dietary requirements
- **Meals on Wheels:** Hot meals delivered every day at lunch time between 11-12pm
- **Supper on Wheels:** Deliver a hot supper one late afternoon/evening a week
- **Meals on Ice:** Frozen meals are delivered once a week. They can also be picked up at our Georgetown or Acton locations
- Provides an easy option for seniors to enjoy a healthy and delicious meal

Socialized meals with company: Congregate Dining & Wheels to Meals What is the difference?



Congregate Dining takes place in a Supportive housing environment. There are 4 locations across Georgetown and Acton. Congregate Dining is a social meal with others onsite in a communal room. Usually there are activities with the meal. Activities can include: *music, presentations, games, speakers, themed events and more.*

Wheels to Meals takes place in a local restaurant, cultural center or recreational room where meals are enjoyed communally. Clients attend by driving with friends/neighbours, can use Activan or arrangements can be made with volunteer drivers to pick up and return home.

The Congregate Dining & Wheels to Meals goal is to encourage nutrition, socialization and enjoyment through group activity.



Community Support

Care Navigation

- Community Navigators support seniors or adults who may be at risk due to a critical or impending change in their life situation.
- Navigators assist with more complex needs
- They act as advocates to support and try to prevent as much as possible, an upcoming eviction, facing homelessness, loss of financial income, or experiencing difficulties within their home setting.



Connection in Action

- Social supports for seniors and older adults (aged 55+)
- Reduce social isolation by increasing social engagement, social connections, and promote a sense of belonging
- Worker works one-on-one with clients by offering information and referrals to local social supports in clients area (ex. Senior groups, programs, cultural centre's, etc.)



Community
Safety &
Well-Being
in Halton



Connection Specialist Program:



Connection in Action
Social Supports for Older Adults

Goal of Connection in Action

- ☀ To increase social connections for adults aged 55+ who live in Halton.
- ☀ Provide awareness of opportunities for social connections that can lead to improved health and well-being.

"Fernando's" Story:

Widower from Venezuela. Arrived in Canada as a refugee 20 years ago

- Was referred to Connection in Action from Links2Care, Enhanced Support Program in order to get connected to technology instruction classes
- Met with Connection Specialist. During intake, identified a strong connection to community "back home", but found that he was isolated, lacking social connections, very lonely and missed his Latin culture.
- Connection Specialist set him up with in-home, 1:1 Technology support program. Provided information to access local cultural club. Supported "Fernando" in application to a Volunteer Support Program, as a volunteer who can speak other languages!



Home Maintenance & Repair

- Enables seniors and adults with disabilities to live independently by providing home maintenance and repair services within and to the outside areas of a client's dwelling. As a brokerage model, Links2Care uses experienced providers, and they may not be licensed trade persons;
- Typical services : window cleaning, indoor handyman tasks (i.e. installing drapes, hanging pictures), yard work, snow clearing, electrical or plumbing tasks, etc.
- Clients pay provider directly.



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Questions

