## Etobicoke Services for Seniors





# A Community Partner in Caring





#### Mission Statement

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



#### Our Values

In all we do, we are guided by the following core values:

- Client-Centered care: putting clients and families first
- Accessibility: providing timely and equitable service
- Respect: valuing the dignity and intrinsic worth of every individual
- Effectiveness: doing the right thing to achieve exceptional outcomes
- Safety: Keeping people safe: clients, staff, volunteers



#### About Etobicoke Services for Seniors

- Has been assisting seniors and their families in the community since 1983
- Funded by the United Way, City of Toronto, Ministry of Health (Central LHIN)
- Provides services and programming to seniors across four LHINs (Central, Central West, Toronto West and Mississauga Halton)
- Adapted GENTLECARE as our Model of Care that focuses on the individual's physical, emotional, social and spiritual needs.
- Work together with community health professionals and other community support service providers to provide a continuum of care.
- Main groups that ESS provides services to; seniors (adults over 60); Caregivers; Adults living with acquired (traumatic) brain injury; Seniors living with chronic disease; people with disabilities



## ESS Programs/Services

- Adult Day Services
- ABI Program
- Supportive Housing
- Caring Centre
- In- Home Respite
- Bathing program
- Seniors Lunch Program
- Caregiver support Group
- Transportation
- HAL program

- Information and Referrals
- Client Intervention and
- Assistance
- Volunteer Visiting
- Telephone Reassurance
- Diabetes Clinic
- Chronic Disease Self-Management
- Health and Wellness
  Programs (Ex. Stay Fit)



### Adult Day Services

Provision of a holistic integrated approach to care with the opportunity for the participant to socialize, participate in supportive activities that provide cognitive stimulation and emotional support.

Where: Five locations

Hours: 08:30 - 4:30 Monday to Friday

Cost: Fee for service

Subsidies available

Extended hours can be arranged at some of our locations



## ADS Garden





## ADS Kitchen





# ADS Dining





#### ABI Program

• Adult day service provided for clients with acquired/traumatic brain injury. No time limit.

#### Goal:

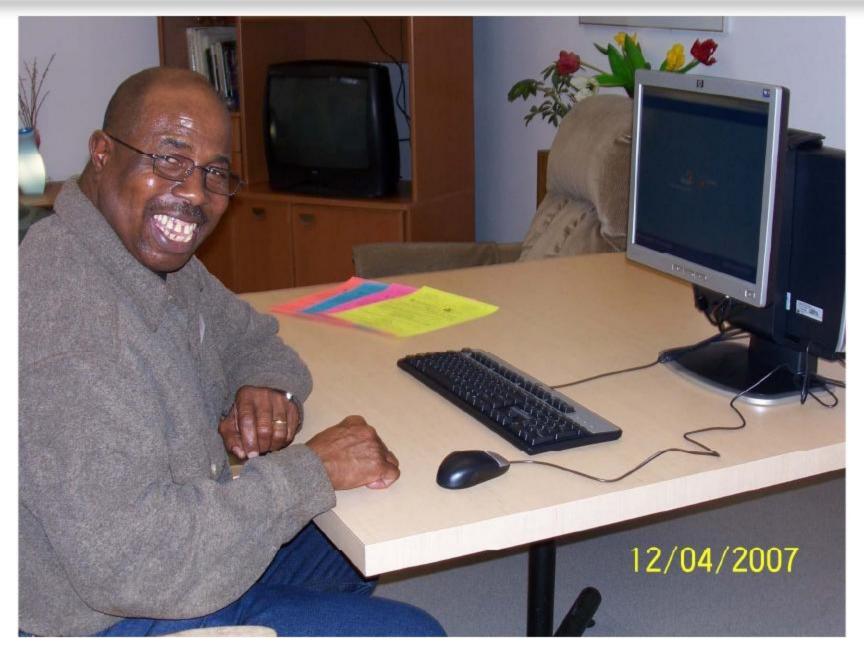
• Maintain functional ability and improve and or celebrate the individual's potential .A focus towards continued independence.

#### Criteria:

- 50 + age group
- Independent toileting light assistance
- Medications pre poured in dossette for one day



## ABI Computer Session





## Supportive Housing

• Provides practical support services with activities of daily living that enable persons to remain in their own homes.

#### Key Features:

- Care Coordination
- Personal support
- Emergency Response

#### Where:

• Three locations 24hrs, 7 days a week



# Supportive Housing





#### Caring Centre

• Community short term stay program providing out of home respite in a home like environment. Range of services in the event of: planned caregiver holiday break; emergency respite (care at short notice); recent discharge from hospital for a senior who needs a little extra time recovering from surgery, hospital stay or rehabilitation treatment

Where: The Caring Centre is available to seniors across the City. Located in central Etobicoke. Services available 24hrs, 7days a week



# Caring Centre





## Caring Centre bedroom





# Caring Centre Bedroom





## Caring Centre Bathroom





### Seniors Lunch Program

Offers Seniors opportunity to take part in social activities in their community and enjoy a delicious well balanced meal.

Where: Two locations\_11:00am - 2:00 .p.m.

Monday, Tuesday and Friday

Cost: Fee for service



# Lunch Program





### Bathing Program

A safe, comfortable alternative for clients having difficulty bathing in their own home.

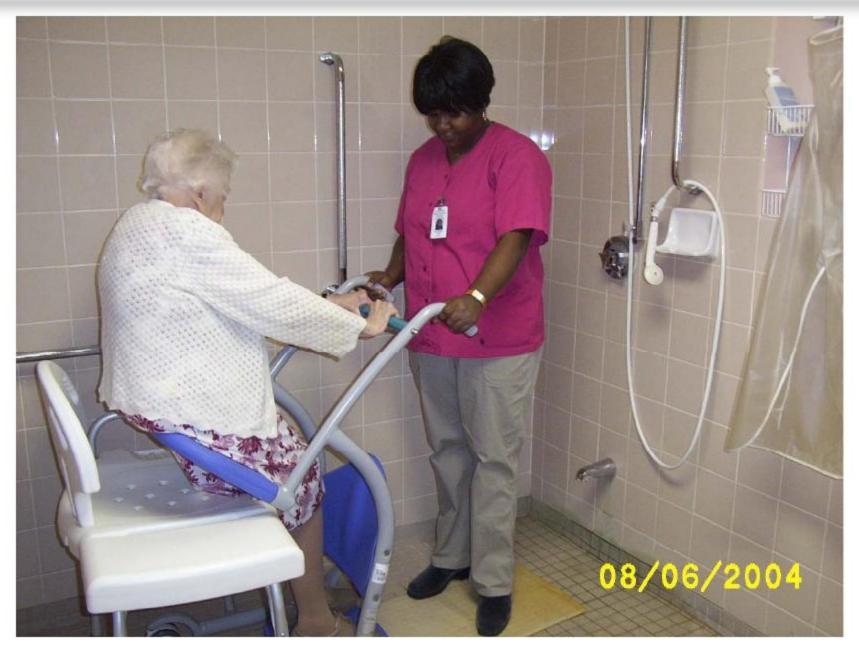
Where: ESS, 1447 Royal York Rd.

Flexible hours –

Cost: Fee for service



## Bathing Program





## Transportation

- Fully escorted transportation provided for individuals to medical appointments.
  - Fees based on kilometers
- Group transportation to grocery stores and community programs.
  - Group rate available.

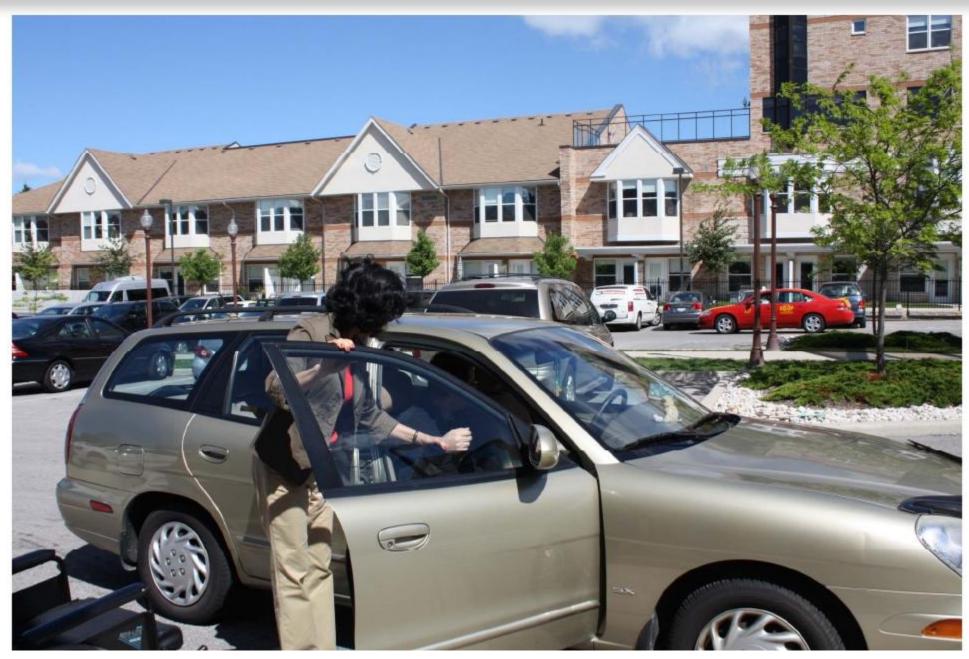


## Transportation to Programs



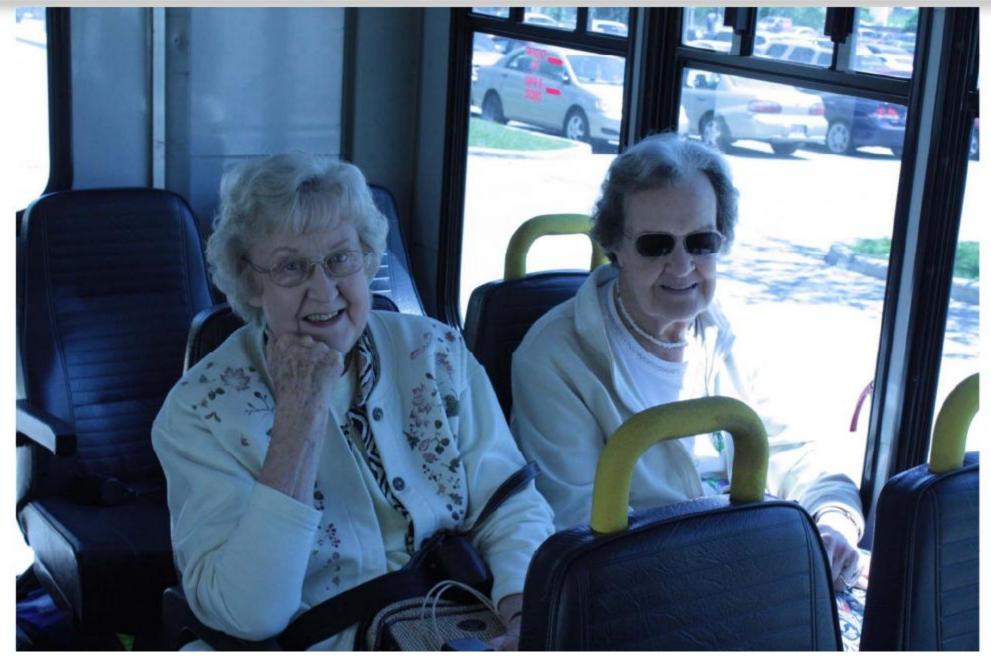


## **Escorted Transportation**





## Transportation -Bus Trips





## Volunteer Visiting

Volunteers are matched with seniors who may be isolated or have difficulty in joining activities outside their home.



# Volunteer Visiting





ESS Offers a wide range of health and wellness topics including:

diabetes education

back care

• Stay Fit

- care for the stroke survivor

- the aging process
- skin care
- emergency preparedness
- fall prevention
- continence management













Shadow Lake Fall trip





#### WTDEP

West Toronto Diabetes Education Program – ESS is one of 7 program partners. Nurse Educators and Registered Dietitians provide one-on-one assessment, monitoring, education and support for clients living with Diabetes Type 2. (Physician's referral required).



## CDSMP-Taking charge of your health





#### ESS New Initiatives

- ABI Expansion
- A Collaborative Approach to Better Eating
- Short Term Stay- additional Caring Centre in our Central King location
- Chronic disease care and education for senior newcomers
- Get Better Together chronic disease self-management program using a 'train the trainer' model
- Education and Training Falls Prevention, Chronic Disease Management, Emergency Preparedness, Gentle Care, Incontinence Management, Caring for the Caregiver, Understanding Depression, Elder Abuse, Active Living
- Exercise program
- Grief, Loss and Bereavement Support Group



## Partnerships

- Partnering enables us to improve: client accessibility; quality of care; user satisfaction; successful outcomes.
- Working together creates new programs or entities by pooling resources for seniors (especially those with complex needs) who require care across various care settings.
- Working together we can build community resilience and enhance management of complex needs.