

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:

- **C**lient-Centered care: putting clients and families first
- **A**ccessibility: providing timely and equitable service
- **R**espect: valuing the dignity and intrinsic worth of every individual
- **E**ffectiveness: doing the right thing to achieve exceptional outcomes
- **S**afety: 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 dosette 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





Health & Wellness

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

- diabetes education
- Stay Fit
- the aging process
- skin care
- emergency preparedness
- fall prevention
- continence management
- back care
- care for the stroke survivor



Health & Wellness





Health & Wellness





Health & Wellness

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.