



# Community Support Services

## COMMUNITY SUPPORT SERVICES

Our Community Support Services are available to adults over the age of 60 and adults younger than 60 living with a physical disability who live in the neighbourhood of South-East Ottawa. Practical, in-home supports are provided by centre staff, volunteers and independent contractors who have been screened (including a police record check for the vulnerable sector). As a not-for profit committed to health equity, we aim to connect clients to high quality services that are offered at low-cost or no-cost.

## Services Available

- CAREGIVER SUPPORTS
- FRIENDLY VISITING
- HANDY HELPERS
- HOME HELP DIRECTORY
- LUNCHABILITY
- NURSING FOOT CARE CLINICS
- SNOW GO ASSIST
- TRANSPORTATION TO MEDICAL APPOINTMENTS
- THE GROCERY BUS
- VOLUNTEER PROGRAM

## Contact Us



613-737-5115 ext. 2430



[office@seochc.on.ca](mailto:office@seochc.on.ca)



South-East Ottawa  
Community Health Centre



@seochc



[www.seochc.on.ca](http://www.seochc.on.ca)

MAIN SITE

1355 Bank St., Suite 600  
Ottawa, ON  
K1H 8K7

# Services Available

## CAREGIVER SUPPORT

Caregiver support is for those providing support to seniors or vulnerable adults. Caregiver supports can take many forms from emotional support, information and referrals to service coordination and education. Contact us for the following:

- Assistance with service coordination and system navigation
- Information and referrals
- Caregiver information sessions and outreach

## FRIENDLY VISITING

The Friendly Visiting program matches volunteers who live in the community with clients who are interested in a regular social visit.

- In-home or telephone visits
- Help people to feel more connected to their community, reduce isolation and foster relationships between individuals
- No cost.

## HANDY HELPERS

The Handy Helper program matches volunteers with clients who are in need of assistance with small, one-time odd jobs and household tasks.

- Tasks may include (but are not limited to): changing light bulbs or smoke detector batteries, putting up shelves, hanging pictures and setting up phones and/or TV/DVD players etc.
- No cost, client must provide materials needed for job i.e. battery, lightbulb etc...

## HOME HELP DIRECTORY

The Home Help Directory is a referral program designed to link clients seeking help at home with screened independent service providers.

- Referrals available for: light and heavy Housekeeping, Home Maintenance and Respite Care
- Service request can be for ongoing service or one-time

## LUNCHABILITY

The LunchAbility program is a monthly recreational group for adults 18-59 living with physical disabilities. With an aim of trying new things and exploring our community, LunchAbility is a group where connections and friendships are formed.

- Fully accessible events and locations
- Includes a nutritious meal or snack
- Attendant care and volunteer support available at all events
- Cost \$5.00 per outing.

## NURSING FOOT CARE CLINICS

- By appointment only
- \$20.00 per visit
- Available at the Main Site - 1355 Bank St. call 613-737-4809  
Or
- Available at Hunt Club Riverside Site - 3320 Paul Anka Dr. call 613-247-1600

# Services Available

## SNOW GO ASSIST

Snow-Go Assist (SGA) is a City of Ottawa program, which provides eligible seniors and persons with disabilities with financial assistance to hire a contractor of his/her choosing to clear snow from private driveways and walkways.

- Application available beginning of October
- Reimbursement up to 50% of the cost of snow removal services up to a seasonal maximum

## TRANSPORTATION TO MEDICAL APPOINTMENTS

Transportation program provides rides to and from medical appointments within Ottawa. Our Transportation program is available to seniors and adults living with a physical disability who can transfer safely and independently into a vehicle.

- Fees are based on round-trip kilometers (from client's home): 0– 20 KM: \$12; 21-50 KM: \$17; 51 KM or more: \$25
- Clients are able to bring a companion for the ride at no additional cost
- Rides are scheduled in advance and must be booked with at least 10 days notice
- Parking fees are the responsibility of client at time of parking. Free Parking at local hospitals

## THE GROCERY BUS

The Grocery Bus program is more than just a shopping trip! This program provides grocery shopping support to clients AND a vibrant social community.

- Bi-weekly service;
- Staffed transportation (yellow school bus) to and from a local grocery store;
- Shopping support from volunteers;
- free grocery delivery (provided by store);
- \$5.00 Fee.

## VOLUNTEER PROGRAM

The Volunteer Program matches volunteers from the community to volunteer opportunities at any of the Centre's three sites or to off-site opportunities in the community.

For more information on volunteer opportunities contact 613-737-5115 ext. 2294.

Follow us on Facebook and Twitter



## Other Services Available at SEOCHC

### **ARABIC SENIORS WORKSHOPS**

Drop-in to workshops covering a variety of health topics. No registration necessary offered at Hunt Club Riverside - 3320 Paul Anka Dr. on Monday & Wednesdays, from 11am -

### **SOMATIC LAUGHTER YOGA SESSIONS**

Increase energy, improve balance and mobility as gentle movement builds strength and enhances peace of mind.

### **VIACTIVE**

Fun, easy, enjoyable exercises that include chair exercises, strength exercises, and dance movements.

### **THE SENIORS CIRCLE**

Weekly seniors drop-in social program offered at Hunt Club Riverside. A great way to meet your neighbours and socialize!

### **WISE ADULT SEMINARS**

Weekly social group that meets to take part in health presentations and discussion groups.

### **COUNSELLING AND INTAKE SERVICES**

- Daily Social Services Walk-in
- Administer practical support programs and completing applications
- Advocacy, information and referral
- Crisis Support and Counselling Services

### **FREE DENTAL SCREENING**

Come see a dental hygienist for dental screening, fluoride varnish applications, denture cleaning, and dental health information.

### **INCOME TAX CLINIC**

Volunteers can help you prepare your income tax and benefit return if you have modest income and a simple tax situation.

### **PRIMARY CARE OUTREACH**

This program is targeted to individuals who are 65+ and would benefit from outreach and connection to health promotion and prevention intervention at home.

**FOR MORE INFORMATION ON ANY OF OUR SERVICES**

**CONTACT THE CENTRE AT 613-737-5115**