

Healthy Eating

Hot Meals on Wheels are made fresh and available for delivery in Lakefield, Havelock, Norwood, and the City of Peterborough. Delivery days and times vary by location. Hot meals may include a choice of soup or salad, bun, entrée, and dessert. Diabetic, low salt, and low fat diets can be accommodated. There is no menu available, however the meal plan is rotated to provide variety. Clients must be home to receive their meal. **\$8.00 - \$10.00 per meal depending on location**

Frozen Meals on Wheels can be delivered or picked up at our office. We carry a large selection of frozen entrées, soups, and desserts. Once registered for the program, you can call and place your order for delivery. Vegetarian, gluten free, lactose free, renal, and low salt meals are available in addition to minced and puréed meals and thickened soups. **Entrées: \$5.25 Soups & Desserts: \$2.50**

Transportation

Volunteer drivers use their own vehicles to provide transportation. Clients must be able to get in and out of a regular vehicle safely and independently. Volunteer drivers may provide minimal assistance but will not provide personal care or excessive physical support. **Fees to reimburse volunteer expenses**

Specialized Transportation can be arranged with our accessible vans for clients whose physical needs cannot be met through the volunteer driving service. **Flat fee based on distance**

Shopping Buddy or Attendant volunteers can assist the client using any Transportation service to overcome specific barriers identified by the client. Volunteers can help the client to shop for groceries, holiday gifts, or personal items or provide additional support for the client to attend appointments. **Free**

Access to Primary Care is a program where Personal Support Workers (PSWs) provide transportation and accompaniment to clients who require support to attend primary care and other medical appointments. The service is for those who require assistance beyond what is offered by a volunteer driver due to mobility or cognitive limitations. PSWs can take notes during the appointment. **Free**

Help and Support at Home

Brokered Home Help & Home Maintenance match **Brokered Helpers** with clients who require light housekeeping, yard work, or one-time home maintenance jobs. Community Care screens Brokered Helpers but they are not employees. Any arrangement made for services with a Brokered Helper is a private business agreement between the client and the Brokered Helper. **\$16.00 recommended hourly rate, but fee will be negotiated by the client and Brokered Helper**

Friendly Visiting – In-home or Telephone is available for those spending a lot of time alone and would enjoy a weekly visit from a volunteer to share companionship. Visits take place in the client's home at a mutually agreed upon time, generally one to two hours. Visiting volunteers do not provide personal care, housekeeping, transportation, or counselling. As an alternative to in-home visiting, clients may receive a weekly telephone call (15-30 minutes) from a volunteer for a friendly chat. If the volunteer does not reach the client they are not obligated to try and reach them again that week. **Free**

Medical Equipment is available to individuals requiring assistive devices to help alleviate the pressures that come along with illness or injury. Clients can access our Medical Equipment Program in some of the County locations for short term rental. **3 month rental \$20.00**

Health and Wellness

Exercise and Falls Prevention Classes (EFP) can help seniors stay strong, feel energetic, and healthy. Classes are offered in numerous locations across the City and County and are geared to seniors. Select from a variety of classes such as strengthening and stretching, chair yoga, advanced cardio, Nordic pole walking, and Zumba Gold. Call for a schedule and plan to drop in. **Free**

Fitness Classes offer regular exercise to boost energy, maintain independence, improve self-confidence, relieve stress, and manage symptoms of illness or pain. Classes also offer an opportunity to meet people and enjoy social time. Call for more information and schedules. **Fee varies**

Blood Pressure Clinics offer trained volunteers to measure blood pressure and share information about maintaining a healthy lifestyle. No appointment required. Call to confirm clinic schedule. **No cost**

Foot Care Clinic offer trained volunteers to provide basic skin care and toe-nail trimming to promote and maintain comfort and mobility. Clients whose feet require more attention may be referred to their physician or podiatrist. Offered at Peterborough location only. **\$25.00 per appointment**

Safety at Home

Telephone Reassurance Calls are regularly scheduled calls to check on the client's safety and well-being. If the call is not answered and/or if there is cause for concern, pre-determined contact people will be asked to check on the client. If contacts cannot be reached, or if the situation is deemed an emergency, Emergency Services will be called. **Free**

Personal Distress Alarms are offered in partnership with Trent Security Systems (TSS). These alarms provide access to emergency assistance 24 hours per day, 7 days per week. If in distress at home, simply pushing the button on the wireless pendant or wristband will send a signal to the 24 hour monitoring station and help will be on the way. **Monthly fee. Clients living on a low income may qualify for a free loan and only pay for monthly monitoring**

Hospital to Home

Home at Last (HAL) is a settlement service that supports adults to settle in at home safely after a hospital stay. This free service is provided by a Community Care Personal Support Worker (PSW). **Free**

Home First promotes safe and timely care and services to meet the needs of patients and their families following a hospital stay. Eligible patients may receive short-term assistance with individualized supports upon discharge. Referrals are managed by the Central East LHIN Home and Community Care. **Free**

Social and Diner Events

Diners' Clubs are an excellent opportunity to enjoy a meal or refreshments in a social setting. The style varies by location but may include entertainment, guest speakers, or activities that promote health and well-being. Available in County locations only. **Fee for meal**

For information about services in your area, contact the office nearest you

Apsley: 705-656-4589

Lakefield: 705-652-8655

Buckhorn: 705-657-2171

Millbrook: 705-932-2011

Chemung: 705-292-8708

Norwood: 705-639-5631

Havelock: 705-778-7831

Peterborough: 705-742-7067

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