



COMMUNITY SUPPORT SERVICES



WELCOME TO VON HAMILTON COMMUNITY SUPPORT SERVICES.

We provide a number of programs geared toward seniors and adults living with disabilities. Below is a list of the programs available. Please call us at 905-529-0700 for more information.

ADULT DAY PROGRAM – 499 King St E, Hamilton

Provides senior adults (55+) who are relatively independent and not at risk for wandering with an opportunity to participate in therapeutic recreational activities. These activities promote socialization, encourage independence and provide intellectual stimulation. Programming is offered Monday to Friday. Meals and snacks are included. This location can also provide seniors with bathing assistance up to twice weekly. Fee: \$5.00 per day.

ADULT DAY PROGRAM – 400 Victoria Ave N, Hamilton

Offers specialized programming for senior adults (55+) who are living with long-term health conditions, including cognitive impairments, and require support to participate. These activities promote socialization, encourage independence and provide intellectual stimulation. The program offers a variety of daily activities which allows participants the flexibility to choose what's right for them. This location is secure to help individuals who may wander. Programming is offered Monday to Saturday. Meals and snacks are included. Fee: \$22.00 per day.

OVERNIGHT RESPITE – 400 Victoria Ave N, Hamilton

Overnight respite allows family/caregivers to take a break while their loved one benefits from a program of special activity and support with personal care. Overnight stay is available from 4 p.m. to 4 p.m. (24hrs), seven days/week. Fee: \$41.00 per overnight.

IN HOME RESPITE SERVICE – “Take-A-Break”

Care is provided in the home for family/caregivers to take a break. Respite workers can provide companionship and supervision to temporarily relieve the demand for care and support. Activities include: Social engagement, personal care, monitoring, supervision, activation, light housekeeping (meal prep, laundry), medication assistance, and attendant care (support travel to medical appointments). Fee: \$6.00 per hour.

VON Hamilton Office

414 Victoria Ave N, Hamilton, ON L8L 5G8

Tel: 905-529-0700 | Fax: 905-527-1919 | Email: voncsshamilton@von.ca

Charitable number: 12948 2493 R0001

www.von.ca

VON Adult Day Centres

400 Victoria Ave N. Hamilton

Tel: 905-523-1055

499 King St E, Unit 7, Hamilton

Tel: 905-393-7887

CAREGIVER SUPPORT

Free monthly support and information about caregiving is provided to individual family members or friends who are caring for an older adult at home. This service is offered either by telephone or in person, including mindfulness classes and lunch and learn seminars.

CAREGIVER EDUCATION SERIES – “From Stress to Strength”

This three-part education series is designed for family caregivers or friends who are caring for a senior or adult with a long-term illness or disability. Caregivers gain information about handling stressful situations in caregiving, developing coping and relaxation skills, tackling common emotions such as guilt and anger, and navigate community resources. The series is scheduled at different times and locations throughout the area. Registration is required.

MEALS ON WHEELS

The Meals on Wheels program allows clients to enjoy nutritious and affordable meals in the comfort of their own homes. Hot or frozen meals are delivered Monday to Friday between 11:00 a.m. and 1:00 p.m.. Fee: \$6.50 for each hot meal. Please contact us for frozen meal pricing.

LUNCH BUNCH

This lunch program offers a hot nutritious meal in a social group setting. The lunch is offered twice a month at St. Joseph's Centre for Ambulatory Health Services and Idlewyld Manor. Fee: \$9.50, transportation is included.

TRANSPORTATION

Transportation services support seniors and adults with disabilities to attend medical appointments. VON requires a minimum of 3 business days' notice and drives are based upon availability. Fee: \$14.00 plus parking if applicable.

TELE-TOUCH

Telephone reassurance offers a regular telephone security check and social contact for seniors and adults with disabilities who may be living on their own.

VOLUNTEER VISITING

Volunteers provide a weekly social visit to seniors and adults with disabilities who would benefit from an increase in social activity. The compatibility of clients and volunteers is determined through a careful interview process.

PALLIATIVE VOLUNTEER VISITING

Palliative volunteers provide emotional, social and spiritual support for those who are living with life-limiting or terminal illness and their families, so they may live at home as comfortably as possible. Visits occur weekly for up to 3 hours.

FALLS PREVENTION

The program aims to educate individuals on falls risk factors and falls prevention strategies. Classes are taught in a group setting and run twice a week for 12 weeks. Each class includes 15 minutes of education followed by 35 minutes of exercise.

GENTLE EXERCISE CLASSES

Group exercise for senior adults (55+) who wish to improve their strength, balance and flexibility regardless of physical ability. The Gentle Exercise classes are available at various locations throughout Hamilton and surrounding area.

VON CANADA has been pioneering care at home for 120 years. Today, we are a highly-trusted non-profit organization that works with our clients, employees, volunteers and partners to provide innovative clinical, personal and social support to people who want the comfort and peace of mind of living in their own homes and communities.



LOOKING TO VOLUNTEER?

Find a meaningful volunteer opportunity helping seniors or adults with disabilities in your community. Contact us for more information: 905-529-0700.

GIVE TO VON!

VON welcomes donations and in memoriam gifts to any and all community support programs. Donations are tax deductible.

Charitable number:
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**Ontario Santé
Health Ontario**



Hamilton