# What are Community Support Services?

- Community support services (CSS) assist seniors and adults with physical disabilities and individuals with special needs, to remain comfortable and safely at home in their community. Promotes well-being and independence
- Values friendly, caring, and personalized services, in order to enhance self-esteem and independence

# **The Seniors Centre**

The centre serves as a focal point for seniors to come together for services designed to enhance dignity and support their involvement in the community.

The programs consist of a variety of services in the areas of:

- Education and Nutrition
- Professional nursing care, Information and Referral
- Advocacy, Counseling and Support
- Recreation, Wellness and Fitness

### **Available Services**

# **Adult Day Program**

• Supervised activities for the elderly and people with special needs. Includes meals, personal care, counselling as well as professional care such as foot care, and hairdressing.

#### Meals on Wheels

 Meals for homebound individuals to improve nutrition, and are delivered by friendly volunteers.

#### **Congregate Dining**

• Nutritional meals at a central setting to encourage social interaction and wellbeing. Entertainment, education and structured activities make for great fun too!

#### Clinic

• Are arranged at the centre and include Blood pressure checks, hearing tests, foot care, and diabetic counselling.

# **Transportation**

- Transportation to medical appointments, shopping, and social activities. Made available by volunteers who use private vehicles.
- The Manor Van is also available for people not able to travel in a conventional car. Van is equipped with a wheelchair lift. A family member or friend is welcomed to go along.

# **Assurance Programs**

Friendly Visiting

 Visits to isolated individuals to help them socially integrate into the community

# Telephone Caller

• Regular contact with individuals by telephone

#### **Client Intervention**

 One-on-one assistance for "high risk" frail seniors or adults with disabilities who require specific expertise and who may be resistant to services

# **Eligibility**

 All seniors and persons with physical disabilities residing in their own homes or apartments in the county of Glengarry or East Stormont are eligible for the following services.

#### Cost

• There is a minimal charge for some of these services.

#### Client referrals are accepted from

- Family or Friends
- Doctors or other Health professionals
- Other agencies or SELF

#### Get involved: Volunteer!

Many of these services rely on the dedication of volunteers who are the heart of our organization.

A variety of volunteer opportunities are available. Hours are flexible and all volunteers receive training and support.

If you are interested in helping others in your community please contact us

#### **Maxville Manor**

Is a multi-faceted organization that provides quality services to seniors and disable adults. The organization is owned and operated by a charitable corporation which is directed by eleven non for profit community agencies.

Maxville manor is dedicated to providing the finest care possible to our seniors and people in need in four key areas:

- Long term care facility
- Community Outreach Services
- Seniors centre
- Seniors Apartments

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# SENIOR OUTREACH SERVICES

How can we help?



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