

## Home/Personal Support

### Community Care Concepts of Woolwich, Wellesley, and Wilmot

519-669-3023                      ccc7@golden.net

- **Homemaking**—light housekeeping, shopping, meal preparation and laundry.
- **Inside-Outside Maintenance**—home maintenance including lawn mowing and snow shoveling.

### Independent Living Centre

519-571-6788                      www.ilcwr.org

**Attendant Outreach Service**—for and directed by a person with a physical disability provides physical assistance with personal care and household tasks.

### Waterloo Wellington Community Care Access Centre

519 748-2222                      www.ww.ccac-ont.ca

Anyone may call CCAC to refer yourself, family, or friend.

- **In-Home Services**—services may include nursing, personal support (e.g. bathing,), physiotherapy, occupational therapy, speech-language therapy, social work, nutritional counseling, medical supplies/ equipment
- **Information and Referral**—connecting you to additional services.
- **Long-Term Care Homes**—a CCAC Case Manager provides information about the homes and assists with the application process.

### Wellesley Hospice

519-664-3794 x229                      www.wchc.on.ca

**Hospice Care**—practical, emotional, and spiritual support for a person with a life threatening illness.

### Woolwich Community Services

519-669-5139 or 1-800-661-7918

- **Information**—about all government services, health and social services, local activities and events. Assistance can be given to fill in government forms.
- **Income Tax Clinic**—free to low-income seniors from March 1st to April 30th.
- **Mobility Loan Cupboard**—crutches, wheelchairs, canes, and walkers are loaned out.

## Primary Health

### The Centre for Family Medicine

519-656-2220                      www.family-medicine.ca

### Wellesley Township Community Health Centre

519-656-9025                      www.wchc.on.ca

## Transportation

### Community Care Concepts of Woolwich, Wellesley, and Wilmot

519-669-3023                      ccc8@golden.net

**Assisted Transportation**—to medical appointments, banking, shopping, and social destinations.

### Kiwanis Transit

519-669-4533                      www.grt.ca

**Transit Service**—for residents of Woolwich, Wellesley and Wilmot who are 65 yrs of age or older OR physically or developmentally disabled OR CNIB registrant OR have a temporary disability that affects mobility. (e.g. broken limb). Wheelchair accessible for travel within three Townships and KW.

### Wilmot Family Resource Centre Inc.

519-662-2731                      WFRC@bellnet.ca

**Shopping**—monthly bus trips organized to local shopping malls.

### Woolwich Community Services

519-669-5139 or 1-800-661-7918

**Care-Ring**—rides to medical appointments if no other transportation available

## Other Community Resources

### Community Information Centre of Waterloo Region

519-579-3800                      enquiry@waterlooregion.org

**Information**--about additional community services.

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# RESOURCES FOR SENIORS LIVING IN WELLESLEY TOWNSHIP

A list of some of the available services which are in place to help people stay independent and connected to the community they call home.



## Caregiver Support, Counselling, Caregiver Break (Respite)

### Alzheimer Society Kitchener-Waterloo (also serving Woolwich, Wellesley, and Wilmot Townships)

519-742-1422                      www.alzheimerkw.com

- **Supportive Counselling**—available for individuals or family groups to help with the many challenges of Alzheimer's disease or a related dementia.
- **Supportive Groups**—for individuals with early stage dementia and family care providers.
- Partner in care relief provided through **Volunteer Companion Program**.
- **Family Education Series**—assistance in traveling with loved one along journey of Alzheimer's disease or a related dementia.

### Community Care Concepts of Woolwich, Wellesley, and Wilmot

519-669-3023                      ccc3@golden.net

- **Alzheimer's Seniors Day Program**—for adults with Alzheimer's disease and other dementias.
- **Friendly Visiting**—regular home visits for individuals
- **Home At Last**—transportation from hospital to home and help getting settled at home. Follow up with the Home at Last Coordinator will occur.
- **Senior Day Program**—for adults to maintain their abilities, social contacts, and provide caregiver relief.

### Developmental Services Access Centre— Waterloo Region

519-741-1121                      www.dsac-wr.com

Assists individuals with developmental disabilities and their caregivers.

### Independent Living Centre

519-571-6788                      www.ilcwr.org

**In-home respite**—for and directed by a person with a physical disability providing relief for the caregiver.

### Interfaith Community Counselling Centre

519-662-3092                      www.interfaithcounselling.ca

**Counselling**—assessment, support, education, and if needed, referrals to additional resources.

### Wellesley Township Community Health Centre

519-656-9025                      www.wchc.on.ca

**Counselling**—for individuals, families, couples, and community groups. Must be a registered client.

### Wellesley Hospice

519-664-3794 x229                      www.wchc.on.ca

- **Hospice care**—for persons with a life threatening illness and their loved ones providing practical, emotional, and spiritual support.
- **Bereavement support** for individuals or groups.

### Waterloo Wellington Community Care Access Centre

519 748-2222                      www.wc.cacac-ont.ca

**Caregiver Relief**—in-home care providing a break for the caregiver. Assistance to find additional relief e.g. adult day program, short term respite in a long-term care home.

### Wilmot Family Resource Centre

519-662-2731                      WFRC@bellnet.ca

**Family Violence Prevention Program**—for individuals who require counselling, advocacy, support groups, safety planning, crisis support, resource library, doctor, lawyer, & court support.

### Woolwich Community Services

519-669-5139 or 1-800-661-7918

- **Family Violence Prevention Program**—for victims of violence providing individual and group supports and referrals to other services.
- **K-W Sexual Assault Support Centre—Rural Program**—counselling for victims of sexual assault.
- **Credit Counselling**—money management, debt repayment, budgeting, and credit guidance provided through Catholic Family Counselling Centre

### Woolwich Counselling Centre

519-669-8651                      www.woolwichcounselling.org

- **Counselling**—professional and confidential for individual, couple, and groups. Mental health education for the community also offered. Fees geared to income.
- **Farmer's Aid**—a service to help farmers cope with stress.

## Hearing

### The Canadian Hearing Society

519-744-6811                      www.chs.ca

- **Services**—for hard of hearing seniors (over 55) and their caregivers. Includes home visits, use and care of hearing aids, other listening systems, and specialized communication devices.
- **Information**—includes classes/workshops, community presentations and clinics

## Dining/Meals

### Community Care Concepts of Woolwich, Wellesley, and Wilmot

519-669-3023                      ccc5@golden.net

- **Congregate Dining**—includes a meal, socialization, guest speakers, and entertainment.
- **Lunch Date**—a volunteer will join you for a Meals on Wheels lunch.
- **Meals on Wheels**—a nutritious hot noon day meal delivered five days a week. Frozen meals are available.

### Wellesley Township Community Health Centre

519-656-9025                      www.wchc.on.ca

**Nutritional Information**—provided by Registered Dietitians.

### Wilmot Family Resource Centre Inc.

519-662-2731                      WFRC@bellnet.ca

**Emergency Food Bank and Christmas Hampers**

### Woolwich Community Services

519-669-5139 or 1-800-661-7918

**Food Hampers**—for short-term or emergency need.

## Eye Health

### CNIB

519-742-3536                      www.cnib.ca

**Support and Information**—for those affected by vision loss. Includes services, consumer products, research, peer support and a large library for people with print disabilities.

### University of Waterloo School of Optometry

519-888-4477                      www.optometry.uwaterloo.ca

**Eye Clinics**—examinations, spectacle frame selection and repairs to glasses.

## Housing

### Community Housing Access Centre

519-575-4833                      www.region.waterloo.on.ca

Provides information and applications for subsidized seniors housing.