



VON's Community Support Services enrich the lives of clients and their caregivers, fostering connections and strengthening communities



Adult Day Program

This program provides social, recreational and therapeutic activities for older adults and individuals with disabilities, chronic illness, cognitive impairments, Alzheimer's disease or dementia. Staff trained in therapeutic recreation lead participants through enjoyable, enriching activities in a safe and supervised environment. Examples include exercise classes, cards, arts and crafts, music and tactile, visual, auditory and memory skills games. The program also offers daytime respite to caregivers, to spend as they wish, and to rejuvenate.

Overnight/Weekend Respite

An extension of the Adult Day Program, the overnight and weekend respite program offers clients overnight care in a home-like setting where they are assisted by a multi-disciplinary team. Participants receive nutritious meals and help with activities of daily living, as well as access to social, recreational and therapeutic activities. Overnight respite services reassure caregivers that their loved ones are well taken care of while they get a break from caregiving responsibilities.

In-Home Adult Respite

In-home adult respite provides temporary relief to caregivers of adults with a disability, dementia or other chronic illness. A support worker visits on a regular basis to provide caregiving duties, including assistance with personal care, meal preparation, light housekeeping and recreation.

Assisted Living*

This program provides a range of services to high-risk seniors with complex needs in order for them to stay living independently in their own homes. Clients receive scheduled and unscheduled (urgent on call) visits on a 24/7 basis, with the potential for multiple visits throughout the day. Services include care coordination, safety checks and assistance with personal hygiene, activities of daily living and essential homemaking.

**known as Supports for Daily Living in some areas*

SMILE

Seniors Managing Independent Living Easily (SMILE) connects seniors at risk of losing their independence with local services, helping them remain in their homes. The program assists frail and elderly seniors with functional or cognitive impairments who need help with daily activities. VON coordinates services, which are delivered by local agencies, businesses and individuals. Services may include meals, transportation, housekeeping, shopping, foot care, laundry, respite and seasonal outdoor chores.

Transportation

Transportation services help seniors and adults with disabilities who are unable to use other forms of transportation to get to medical appointments, grocery shopping, Adult Day Programs, errands and other outings.

Dining Programs

Dining programs bring together community members who are at risk of loneliness and isolation. Programs may include a hot meal or beverage and social activities. Activities encourage health, wellbeing and social stimulation, and may include music, games or a guest speaker.

Meals on Wheels

Meals on Wheels provides healthy, affordable hot and frozen meals to seniors, people with disabilities and those who cannot cook for themselves. There is a small fee for meals, which are delivered free of charge. Delivery service allows for volunteers to provide a friendly safety check.

SMART Exercise and Fall Prevention

SMART (Seniors Maintaining Active Roles Together)® classes teach seniors and adults with disabilities how to keep moving and improve strength and balance at any fitness level. SMART is ideal for clients who find traditional exercise classes challenging due to mobility or health issues. SMART fall prevention classes address common reasons for falls and strategies to reduce risk.

Home Help/Home Maintenance

These programs provide light housekeeping and/or outdoor maintenance services to seniors who are isolated, recovering from surgery, or frail, as well as people with physical disabilities. Home Help assists with cleaning, laundry, meal preparation, grocery shopping and errands. Home maintenance services may include snow removal and lawn mowing to maintain a safe, clean outdoor environment.

Volunteer Visiting

Friendly, trained volunteers visit isolated seniors or adults with disabilities in the client's home for conversation and activities like playing cards. The volunteer may also run errands with the client or enjoy activities outside the home, like walking or visiting the park.

About VON

VON is a highly trusted charity that delivers home care and community support services to more than 10,000 people in Ontario and Nova Scotia every day.

Together with our employees, our volunteers and our clients and their families, we help our clients stay healthy, live well and remain active. The innovative clinical, personal and social supports we provide keep our clients living in the safety and comfort of their own homes and communities—where they want to be.

VON is accredited with Exemplary Standing by Accreditation Canada.

Our Values

- **Respect** – we support others honestly, openly and fairly.
- **Compassion** – we listen and serve with sensitivity, empathy and concern.
- **Excellence** – we commit to everyday improvement in all that we do.



Not all services are available at all VON sites. For more information and services available in your area, please contact your local VON office or visit www.von.ca



Charitable Number:
129 482 493 RR0001

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