

## Programs and Services

Counselling Services  
Ontario Early Years Centre—Carleton  
Services for Children and Families  
Services for Youth and Families  
Violence Against Women Services  
Chrysalis House  
Community Development  
Services for Seniors and Adults with  
Physical Disabilities  
Volunteer Services



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## Community Support

The Western Ottawa Community Resource Centre (WOCRC) offers programs to support individuals and families in Goulbourn, Kanata, Nepean and West Carleton.

Our Community Support Services assist seniors and adults with physical disabilities who are living independently in the community. Eligibility criteria will apply.

These services are provided by volunteers and paid workers who have been screened (includes police records check). Volunteers are trained by staff at the WOCRC.

The WOCRC tries to accommodate all requests; this depends on the availability of volunteers and workers.

For further information or to access this service, please call:

**613-591-3686**

## Nepean Support & WOCRC Community Support Services Merge

Nepean Support Services (NSS) merged with WOCRC on April 1, 2009. This voluntary integration is groundbreaking, as we are coming together to provide better services.

Although NSS and WOCRC have separate histories, we have always shared a common objective: to assist seniors and adults with physical disabilities to live independent, active and meaningful lives. Both organizations help clients through respectful, responsive services and programs that promote health and wellbeing. We remain dedicated to these goals.

### Proud member of:



**Funding provided by:**  
Champlain LHIN, Government of Ontario  
and generous donors in our **community**

*Bringing care and community together*

## Community Support Programs

### Services offered in Kanata, Goulbourn, Nepean, & West Carleton

Caregiver Support  
Day Services  
Foot Care Services  
Information, Referral and Support  
Meals Delivery  
Service Arrangement / Coordination  
Social and Congregate Dining  
Transportation Client  
Visiting Social and Safety

**613-591-3686**  
2 MacNeil Court, Kanata

## Community Support Programs

### Information, Referral and Support

The WOCRC provides information about services available to meet the needs of seniors and adults with physical disabilities. Advice and resources are available to family members caring for seniors and adults with physical disabilities.

### Caregiver Support

We offer caregiver support groups and support groups for caregivers of individuals experiencing dementia-related disorders.

### Day Services (Adult Day Program)

A day of activity for adults experiencing dementia related disorders. Provides respite care for the main caregiver.

### Foot Care Services

Qualified foot care specialists provide clients with basic foot care services. These clinics are held in various locations within the Nepean area. Appointments must be made in advance.

### Meals Delivery (Meals on Wheels)

Nutritious hot and frozen meals are delivered to the home, at a reasonable cost, by friendly volunteers to seniors, adults with physical disabilities, or those who are convalescing.

### Service Arrangement / Coordination

- **Home Maintenance / Home Help:** Matches screened workers with seniors and adults with physical disabilities requiring assistance with routine housekeeping tasks that cannot be done easily or safely. Help with general home and yard maintenance, repair services, snow removal, basic housekeeping and meal preparation may be obtained at a reduced rate.
- **Respite care:** Provides personal support to clients and their families in their care giving responsibilities. Assistance with daily living activities, meal preparation and activation are provided by qualified workers who are paid directly for their services by the client.

### Social & Congregate Dining (Diners, Luncheon, and Breakfast Clubs)

Volunteers help to host a hot catered meal, social and educational gatherings for seniors and adults with physical disabilities who are feeling isolated. A reasonable fee. Transportation provided if necessary.

### Transportation Client

Volunteers drive seniors and adults with physical disabilities to scheduled medical and non-medical appointments. Clients are asked to pay parking costs where necessary and a fee to offset mileage.

- **Community on the Go:** Group transportation to non-medical appointments such as banking, shopping and hair appointments.
- **Groceries:** Door-to-door service enables seniors and adults with physical disabilities to shop for groceries at a reasonable cost.

### Visiting Social and Safety

- **Friendly Visiting:** Provides regular social contact, as well as the reassurance that help is available if needed. Service may be provided by a personal home visit, by telephone, or other means. Volunteers provide this service free of charge.
- **Telephone Assurance:** Caring volunteers make a daily phone call to people living alone to ensure that all is well.

### Services pour les francophones:

Le Centre de services Guigues vous rappelle qu'il offre des services et activités pour les francophones de l'Ouest de la ville d'Ottawa.



- Aide à domicile
- Clinique de soins de pieds
- Grand ménage et réparations
- Télé-jase et Télé-bonjour
- Transport et Accompagnement
- Service de répit
- Visite amicale