

Community Support

The Western Ottawa Community Resource Centre (WOCRC) offers programs to support individuals and families in Goulbourn, Kanata 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 contact our centre at 613-591-3686.



Programs and Services

Counselling, Information and Referral
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 and Families
Volunteer Services



2 MacNeil Court, Kanata, Ontario, K2L 4H7

Phone: 613-591-3686

Fax: 613-591-2501

TTY: 613-591-0484

Web: www.communityresourcecentre.ca

E-mail: info@communityresourcecentre.ca

B.N. 12821 9201 RR0001



Bringing care and community together

Community Support Programs



Transportation
Adult Day Program
Meals On Wheels
Diners' Clubs
Home Help/Home Maintenance
Community on the Go
Caregiver Support

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.

Transportation

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.

Adult Day Program

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

Meals On Wheels

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

Diners' Club

Volunteers help to host a hot catered lunch, social and educational gatherings for seniors and adults with physical disabilities who are feeling housebound. A reasonable fee is charged for each luncheon. Transportation provided if necessary.

Home Maintenance / Home Help

This service 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. Eligibility criteria apply.

Community on the Go

The Western Ottawa Community Resource Centre is offering a service to seniors and adults with physical disabilities who need transportation to non-medical appointments such as shopping, banking and hair appointments. A fee is charged to offset the cost of mileage. If you would like to join our van service, or drive one-on-one with a volunteer, please call us at 613-591-3686.

Caregiver Support

We offer two caregiver support groups. The monthly "Caregiver Connections" group runs in the evening. A monthly daytime group is held in the Adult Day Program for caregivers of individuals experiencing dementia-related disorders.

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*Available in English only/
Disponible en anglais seulement