



Community and Home Support

COMMUNITY AND HOME SUPPORT SERVICES

Our Community and Home Support Services are available to adults over the age of 60 and adults younger than 60 with a physical disability who live in the neighbourhoods of South-East Ottawa. Practical, in-home supports are provided by centre staff, volunteers and independent contractors who have been screened (including a police record check for the vulnerable sector). As a not-for profit committed to health equity, we aim to connect clients to high quality services that are offered at low-cost or no-cost.

Services Available

- HOME HELP DIRECTORY
- TRANSPORTATION TO MEDICAL APPOINTMENTS
- THE GROCERY BUS
- FRIENDLY GROCER
- FRIENDLY VISITING
- HANDY HELPERS
- SNOW GO ASSIST
- LUNCHABILITY
- CAREGIVER SUPPORT PROGRAM
- BEREAVEMENT SUPPORT PROGRAM

Contact Us



613-737-5115



office@seochc.on.ca



South-East Ottawa
Community Health Centre



@seochc



www.seochc.on.ca

1355 Bank St., Suite 600
Ottawa, ON
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Services Available

HOME HELP DIRECTORY

The Home Help Directory is a referral program designed to link clients seeking help at home with screened independent service providers.

- Referrals available for: Housekeeping, Home Maintenance, Snow Removal, Respite Care;
- Ongoing Service or one-time work;
- Contractors screened for a clean police record check, positive professional references and carry liability insurance.

TRANSPORTATION TO MEDICAL APPOINTMENTS

Providing rides to and from medical appointments, our transportation program is available to seniors and adults with a physical disability who can transfer safely and independently into a vehicle.

With prior notice, drivers may be able to provide support to those needing assistance with stairs or elevators.

Clients are able to bring a companion for the ride at no additional cost.

Parking fees are the responsibility of client at time of parking. Free Parking at local hospitals

- Round- trip, door-to-door service, anywhere within Ottawa;
- Rides scheduled in advance and must be booked at least 10 business days' notice;
- Rides provided by shared community van with paid driver or volunteer driver.
- Fees are based on round-trip kilometers (from client's home): 0– 20 KM: \$12; 21-50 KM: \$17; 51 KM or more: \$25
- Subsidy may be available, please ask.

THE GROCERY BUS

The Grocery Bus program is more than just a shopping trip.! This program provides grocery shopping support to clients AND a vibrant social community.

- Bi-weekly service;
- Staffed transportation (yellow school bus) to and from a local grocery store;
- Shopping support from volunteers;
- free grocery delivery (provided by store);
- \$5.00 Fee.

FRIENDLY GROCER:

The Friendly Grocer Program pairs community members looking for grocery shopping support with volunteer shoppers who will assist with grocery shopping.

- Clients and volunteers meet at the store;
- Shop where you like! List of stores with delivery services available;
- Ongoing Service .

FRIENDLY VISITING

The friendly visiting program matches volunteers who live in the community with clients who are interested in a regular social visit.

- In-home visit or visit over the telephone;
- Cultivate community, reduce isolation and foster relationships between individuals;
- No cost.

Services Available

SNOW GO ASSIST

Snow-Go Assist (SGA) is a City of Ottawa program, which provides eligible seniors and persons with disabilities with financial assistance to hire a contractor of his/her choosing to clear snow from private driveways and walkways.

- Application process (begins in October);
- Reimbursement for up to 50% of the cost of snow removal services, up to a seasonal maximum.

LUNCHABILITY

The LunchAbility (LA) program is a monthly recreational group for adults 18-59 with physical disabilities. With an aim of trying new things and exploring our community, LunchAbility is a group where connections and friendships are cultivated.

- Fully Accessible events and locations;
- Includes a nutritious meal or snack;
- Attendant care and volunteer support available at all events.

HANDY HELPERS

The Handy Helper program matches volunteers with clients who are in need of assistance with small, one-time odd jobs and household tasks.

- Tasks may include (but are not limited to): changing light bulbs or smoke detector batteries, putting up shelves, hanging pictures and setting up phones and/or TV/ DVD players etc.
- No cost, though client must provide materials needed for job (ie. battery, lightbulb etc.)

CAREGIVER SUPPORT PROGRAM

“If you find it in your heart to care for somebody else, you will have succeeded.”

- Maya Angelou

Do you provide support to a senior or vulnerable adult? Caregiver support can take many forms: emotional support, information and referral, education. South-East Ottawa provides them all.

- “Caregiver Need to Know Series”: Regularly scheduled education sessions;
- All are welcome.

BEREAVEMENT SUPPORT PROGRAM

The bereavement support program supports both men and women in working through the loss of a spouse or partner, a child, friend or loved one.

- Sessions offered during the day;
- Mourning After: 6 week facilitated peer support group. (Offered Spring and Fall);
- Coping With the Holidays: Drop-in facilitated peer support group.

South– East Ottawa Community Health Centre is committed to health equity and accessible service and is committed to minimising financial barriers. Financial subsidy may be available for housekeeping, home maintenance, transportation and LunchAbility programs. For information please call the office.

Follow us on Facebook and Twitter



Other Services Available at SEOCHC

FOOT CARE

- Available by appointment only;
- \$16.00/visit;
- Main Site (1355 Bank St.) and Hunt-Club
Riverside Satellite Site (3320 Paul Anka Dr.).

FREE DENTAL SCREENING

Come see a dental hygienist for dental screening, fluoride varnish applications, denture cleaning, and dental health information.

CHRONIC DISEASE SELF- MANAGEMENT PROGRAM

Variety of programs that seek to empower individuals to cope with disease and live better quality lives by developing confidence in their ability to manage their own chronic conditions.

PRIMARY CARE OUTREACH

This program is targeted to individuals who are 65+ and would benefit from outreach and connection to health promotion and prevention intervention at home.

VOLUNTEER PROGRAM

The South-East Ottawa Community Health Centre's Volunteer Program matches volunteers from the community to volunteer opportunities at any of the Centre's three sites or to off-site opportunities in the community. Interested in getting involved in your community? Contact the Centre at 613-737-5115 ext. 2294.

WISE ADULT SEMINARS

Weekly social group that meets to take part in health presentations and discussion groups.

EXERCISES PROGRAMS

- ***VIACTIVE***
Fun, easy, enjoyable exercises that include chair exercises, strength exercises, and dance movements.
 - ***FROM SOUP TO TOMATOES***
Exercise Program: delivered using OTN (Ontario Telemedicine Network) services and lead by a Kinesiologist and RN from Northern Ontario.
 - ***URBAN POLE WALKING CLUB***
Nordic Pole walking in the fresh air. We provide the walking poles.
- ### COUNSELLING AND INTAKE SERVICES
- Daily Social Services Walk-in;
 - Administer practical support programs and completing applications;
 - Advocacy, information and referral;
 - Crisis Support and Counselling Services.
available.