



All Services

Access to Primary Care

Personal Support Worker accompanied transportation for Durham Region adults to medical appointments, due to mobility or other issues.

Service: Ongoing - No Cost

Adult Day Program

Caregiver relief to families and a social outlet for the participant. Must register through the LHIN. Virtual activities are on Facebook with word games, exercise links, videos and educational links. All are welcome.

Service: In-person Groups Temporarily Suspended, Virtual is Ongoing - No Cost

<https://www.facebook.com/CCDVirtualSocialClub>

Assisted Living / Supportive Housing

Addresses the needs of high-risk seniors who can reside in their own home by providing 24/7 scheduled/unscheduled PSW services.

Service: Ongoing - No Cost

Community Food Box

The Food Box contains essential groceries for healthy living. Local business partners will vary weekly to bring you a truly “community” experience. Order on Monday with free delivery to your door on Friday.

Service: Ongoing - Cost: \$30/Box

(Credit card or pre-authorized payments only)

COPE Mental Health Support Groups

Community Mental Health program for adults 16+ with emotional or mental health concerns. Staff and volunteers provide support/coping skills for anxiety, depression, stress, loss & social recreation.

Service: In-person Groups Temporarily Suspended, Virtual Support is Ongoing - No Cost

Exercise & Falls Prevention

Group exercise and falls prevention for older adults in Ajax, Brock, Clarington, Pickering, Scugog, and Uxbridge. The Oshawa Seniors' Centers provides services for Whitby, Oshawa, and Courtice.

Service: Temporarily Suspended - No Cost

Foot Care Clinics

Community clinics for people needing assistance with foot care due to mobility, vision, or diabetes. Only in Brock, Clarington, Scugog, Uxbridge, Ajax/Pickering and Whitby. **Service: Resumed**

Cost: \$20 Initial Appt., \$15 Subsequent Appts.

Friendly Visiting

Volunteers visit individuals on a regular basis to share activities and companionship on a mutually agreed upon time. **Service: Temporarily Suspended**

Home at Last (HAL)

Assistance for individuals requiring help to get home and settled upon discharge from hospital.

Service: Ongoing - No Cost

Home Help & Home Maintenance

Brokered home helpers provide light housekeeping or outdoor maintenance using client's supplies and equipment.

Service: Home Help: Temporarily Suspended, Maintenance: Ongoing Cost: \$20/Hr., Min. 2Hrs.

In-Home Respite

PSWs offer a break to a caregiver by providing personal care, assistance with daily activities, or social interactions to their loved one.

Service: Ongoing - Cost: \$21.50/Hr., Min. 2.5Hrs.

Luncheon Out

Regularly scheduled community dining events provides an opportunity to enjoy a nutritious meal and entertainment in a social setting.

Service: Temporarily Suspended

Meals on Wheels

Volunteers deliver hot meals Monday-Friday based on client's needs. Frozen meals are delivered once a week with different package options. Clients order over phone or website.

Service: Ongoing

Cost: Hot Meals - \$7.50/Meal, Frozen - \$39/Pkg. of 7

Telephone Reassurance

Volunteers call clients on a regular basis for a brief chat and friendly check-in.

Service: Ongoing - No Cost

Transportation

Volunteers take clients to and from mainly medical appointments. Clients must be able to get in and out of vehicle independently. Accessible van transportation is available for those with mobility issues.

Service: Medical Transportation is Ongoing

Cost: Based on \$0.40/Km