

Community Support Services of Niagara

Helping Seniors Live at Home

Community Support Services of Niagara is a volunteer based, not-for-profit, charitable agency providing comprehensive client-driven services to help seniors and adults with disabilities live independently in their own homes.

St. Catharines Office
3-320 Vansickle Road
St. Catharines ON

905-682-3800

Beamsville Office
5045 Valleyview Road
Beamsville ON

905-563-9501

Welland Office
R30-800 Niagara Street
(Seaway Mall) Welland, ON

905-788-3181



Funding Support provided by

Community Support Services of Niagara

OVERVIEW

- ▶ Non-Profit Agency
- ▶ LHIN / Ministry of Health
- ▶ Local Offices:
Beamsville, Welland and St. Catharines
- ▶ Client Focused Services
- ▶ Board of Directors
- ▶ Volunteers



Demographics

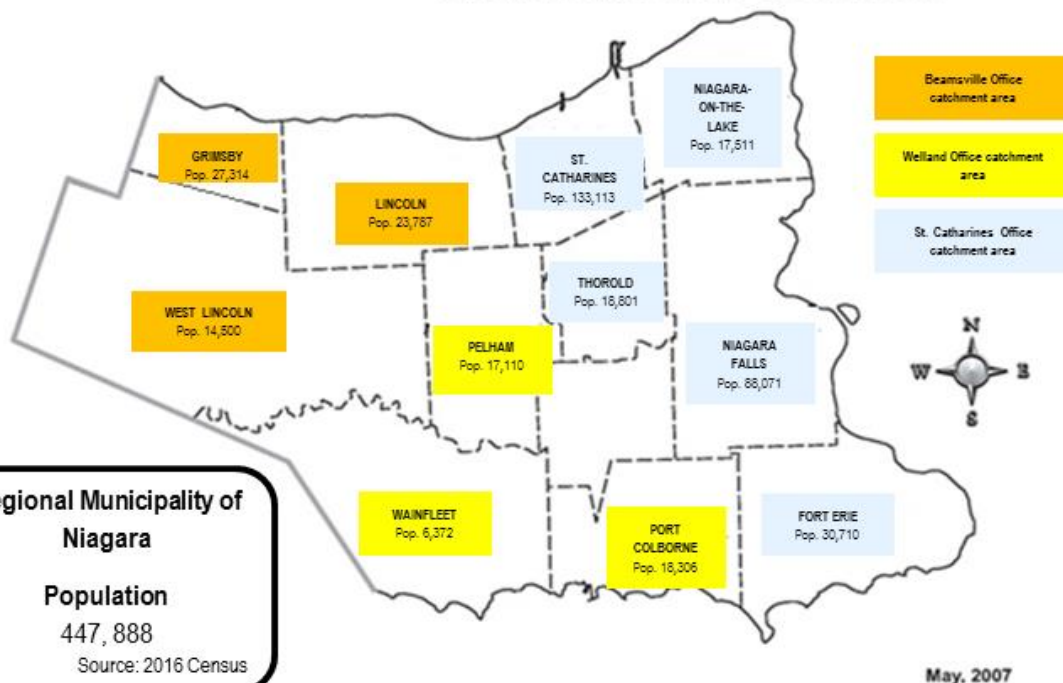
447,888
Residents

Stats Can estimates
that the number of
seniors will grow
from 1 in 7 (14%) to 1
in 4 (25%) by 2036

24.5% Over 65
years of age

Niagara Region

NIAGARA REGION AREA AND POPULATION



Regional Municipality of
Niagara

Population

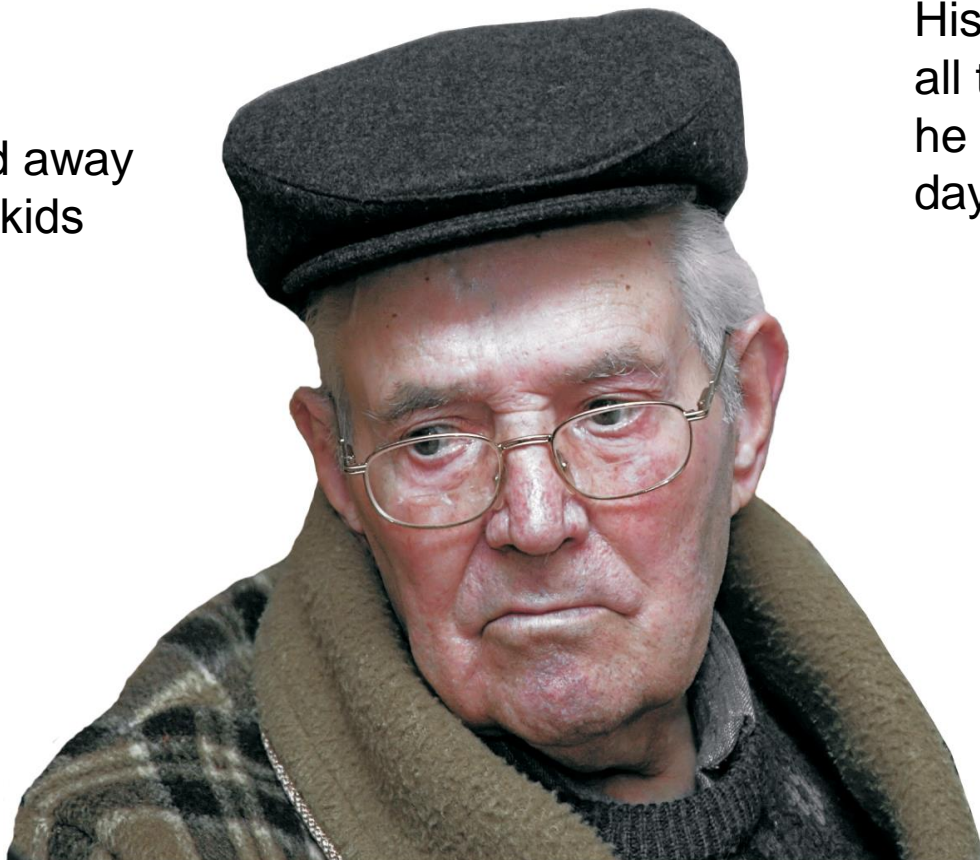
447,888

Source: 2016 Census

Niagara has the 4th highest senior population in Canada

Profile of a CSSN Client

His wife passed away
last year... His kids
live out of town



His wife used to cook
all the meals. Now
he barely eats once a
day

Community Support Services has helped me to eat better
by bringing hot nutritionally balanced meals to my home daily
by caring volunteers whom I look forward to seeing



VOLUNTEERS

Volunteers are essential; without them we would be unable to provide the much needed services that help our seniors remain in their homes



- 496 Volunteers
- 77,646 Hours Donated
- 369,805 Kilometers Travelled

~ Provided Service to 2874 Individuals ~

“Delivering meals give us such a tremendous sense of satisfaction”

Henry & Coco



**Anyone can call CSSN to
make a referral, to get more
information or to volunteer.**



Serving all of the Niagara Region

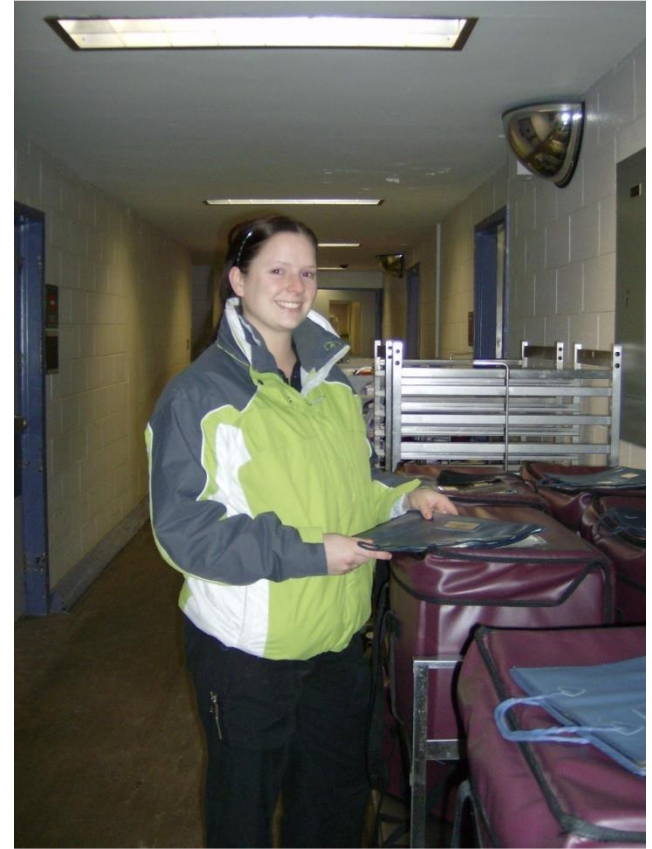


MEALS ON WHEELS

- ▶ Hot meals delivered at lunch

Soup + Entrée + Dessert

- ▶ Frozen meals and special diets are available on request
- ▶ Fee for service



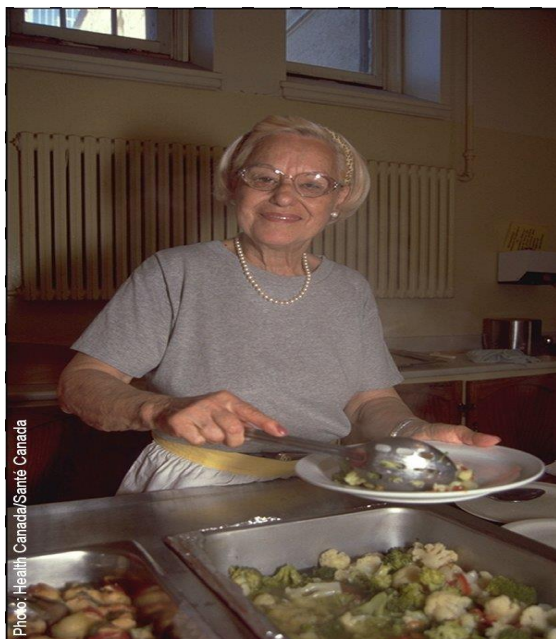
~ Over 40,000 Meals served per year ~

I thoroughly enjoy your meals and a big thank you for all your hard work and being so pleasant.”

Meals on Wheels client



Lunch Out / CD



Clients come together in a group for a meal and social activity. Transportation can be requested

TRANSPORTATION



Rides provided for medical appointments, banking, shopping and social activities.



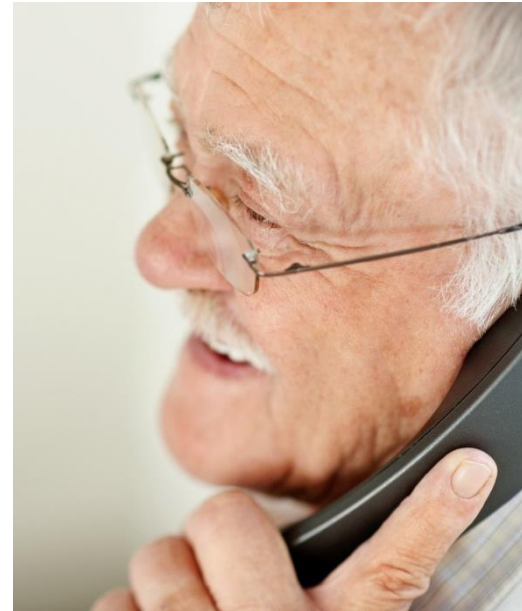
VOLUNTEER VISITING



A volunteer visits with clients in their homes; they enjoy a variety of activities.



Phone Chat



Volunteers telephone clients on a regular basis to chat and check on their well-being

Home Support Exercise Program

- A joint venture between Community Support Services of Niagara and March of Dimes Canada. HSEP is an in-home exercise program consisting of 10 gentle, progressive exercises designed to enhance and maintain functional fitness, mobility, balance and independence in seniors.
- The program runs for 12 weeks and requires the volunteer to work with the assigned client for the full 12 weeks.



Homemaking



Regular cleaning,
laundry and
housekeeping support

Home Maintenance



Screened Brokered
Workers provide services

- ▶ Grass Cutting
- ▶ Snow Removal
- ▶ Minor Repairs
- ▶ Odd Jobs



Wellness Supportive Living Program

- ▶ Holistic approach to growing older at home, living more independently and with less risk
- ▶ Multiple community agencies partnered to ensure that the needs of our aging population are met
- ▶ Seniors reside in 4 buildings in St Catharines, Welland & Niagara Falls; accessing services on-site
- ▶ CSSN offers security checks, social programs, congregate dining and friendly visiting





Safety at Home



- ▶ Free home assessments
- ▶ Referrals for installation of assistive devices, minor home repairs and modifications
- ▶ Assistive devices subsidies & coordination of installation, for those who qualify (i.e. grab bars)
- ▶ Fall prevention education
- ▶ Community and professional presentations

Safety at Home is offered by partnering agencies across the Niagara, Haldimand, Hamilton and Brantford areas.

Serving over 8400 clients since 2009





Leaf & Snow Buddies

- ✓ Match volunteers with senior neighbours
- ✓ Provide free snow removal & raking leaves
- ✓ Prevent slips & falls
- ✓ Volunteer opportunity
- ✓ Students receive community service hours
- ✓ A support for seniors



Niagara Hindu Samaj Congregate Dining

- Niagara Hindu Samaj Seniors Gathering is a weekly, cultural lunch out program providing an opportunity to practice yoga and experience South Asian food. The group welcomes everyone.

CSSN assists with transporting clients who wish to attend the program.



Do you require services in French?



Services de soutien communautaire de la région de Niagara
AIDER LES ÂÎNÉS À VIVRE CHEZ EUX



Aide financière fournie par
 **Ontario**
Réseau local d'intégration
des services de santé de Hamilton
Niagara Halimand Brent

Find us on the web:



www.cssn.ca



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 Follow @SnowBuddiesCSSN



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SERVICES



VOLUNTEER



SAFETY AT HOME



IN THE NEWS



LINKS & RESOURCES



DONATE



Tweets by @CSSNiagara



Thank you!

Carrie-Lynne Sones
Coordinator of Volunteers and
Services



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