

## Community Support Services: Your link to Help At Home: 613-236-0428

For seniors 55+ and adults with physical disabilities who live north of the  
Queensway between Preston Street and Blair Road.

*We may be able to connect you to reliable help in your home with:*



### **A Daily Call for Safety and Reassurance (V)**

Receive a friendly check-in call from a volunteer daily on weekdays.

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### **Friendly Visiting / Client Connections (V)**

Friends and connections are important to maintain health. We have volunteers who could visit or call you on a regular or occasional basis.

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### **Grocery Shopping Program (V)**

Grocery shop with us. Call to see if you are on one of our routes.

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### **Home Help and Home Maintenance, Inside and Out (\$)**

We can help you to arrange housecleaning, repairs and maintenance services through our Directory of screened, insured agencies and independent contractors. The cost depends on the service provided and is paid directly by you.



### **Handy Helpers (see reverse) (V)**

Volunteers help with small jobs around your home. Material costs only.



### **Snow Go (\$)**

We can help to arrange seasonal snow removal. On a limited income? Ask about Snow-Go Financial Assist Program.

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### **Transportation and Accompaniment (V) (\$ depending on km driven)**

Our drivers can get you to your medical and other essential appointments. For clients who find using public transportation difficult. **Clients must be registered. \*Cost depends on KM's driven.**

PLEASE NOTE: Minimum of 7 days advanced booking is required.

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## Our Handy Helpers Program

**Caring volunteers perform small helpful tasks in your home such as:**

- ◆ Basic computer help
- ◆ Setting up TV/DVD's
- ◆ Changing clocks (daylight savings)
- ◆ Assembling shelving units
- ◆ Hanging pictures
- ◆ Tightening loose doorknobs
- ◆ Replacing smoke detector batteries, light bulbs
- ◆ Many other odd small jobs.



*No charge however donations to The Good Companions are welcome!*

## Our mission

**The Good Companions** is a not-for-profit organization that offers programs and services in partnership with volunteers, to promote, enhance and support the well-being, independence and zest for living of both seniors and of adults with physical disabilities in the Ottawa area.

## Our Centre

**With over 100** physical, social, artistic, spiritual, recreational and educational programs to choose from, including health and wellness seminars, foot care and hair care, dance programs, computer courses, day trips, performing arts, special seasonal events, and a monthly birthday party for members, clients and guests, there is something for everyone!

**Drop-in Coffee Club, Thursday morning from 10:00 to 11:00 a.m.** in the back of the dining room. Drop-in this week for coffee, friendship and to learn about what the Centre has to offer.

**Contact the Membership Coordinator at 613-236-0428 Ext 2230 for more information.**

## Our funders

**The Good Companions** is a not-for-profit organization funded by: Ontario Health East, United Way East Ontario, Ministry for Seniors and Accessibility, and The City of Ottawa to provide activities and services in our community.

Visit our Centre at 670 Albert St. to see all that we do. For more information, please call, 613-236-0428, or visit our website; [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)

## Our office hours: 8:30 a.m. – 4 p.m., Monday to Friday



**Book your tour** of The Good Companions Centre to see all that we do, or **visit our website** at: [www.thegoodcompanions.ca](http://www.thegoodcompanions.ca)



**PLEASE NOTE:** *We have the responsibility to protect our staff, volunteers, clients and our community partners. We reserve the right to refuse service.*