



Vision

This service ensures that diverse seniors receive help with daily living, offers opportunities for socialization and recreation and provides culturally and linguistically appropriate health information and support to seniors and caregivers.



The goal is to allow seniors from diverse populations to live in their communities with dignity, respect and independence for as long as they are able. Improving cultural competency of health services is one step towards a more responsive, effective system.



These projects are part of the region's *Aging at Home Strategy*, which aims to help the elderly population stay longer and healthier in their own homes.



The strategy shifts the emphasis from long-term care home beds to a mix of community-based services for seniors and their caregivers. A key purpose is to prevent emergency room visits and premature admissions to long-term care homes.



Services

Volunteer Coordination
Health and Fitness Activities
Friendly Visiting
Telephone Assurance Program
Case Management
Short Term Counselling

Caregiver Support
Home Support Referrals
Hospice Visiting
Social and Dining Opportunities
Transportation to Medical Appointments

At Jewish Family Services of Ottawa, the Diverse Seniors Support Services unit is able to connect you to staff who can provide services to you in the following languages:

Arabic
Creole
French
Kirundi
Punjabi
Swahili

Cantonese
English
Kinyarwanda
Mandarin
Somali
Urdu



Call with other language requests and we will try to find a volunteer to assist you. 613.722.2225 ext. 313

Breaking isolation
Friendship Support
Social gatherings
Community



Diverse Seniors Support Services
Jewish Family Services of Ottawa
613.722.2225 ext. 313

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Diverse

Seniors Support Services

A Program of Jewish Family Services of Ottawa

Meeting the Needs of Seniors in Ottawa's
Diverse Community