

PROGRAMS AND SERVICES FOR SENIORS AND OLDER ADULTS

Reducing isolation, enhancing quality of life and providing support for seniors to remain in their homes longer, are all main pillars of JFSC. We deliver high quality programs, services and support with compassion, caring and exceptional service. Our vision is to enrich lives and strengthen communities, and we focus on engagement and creating a sense of belonging and connection.

Our programs and services for Seniors and Older Adults include:

- **Basic Needs Support**
- **Older Adult Supports: The Way In Network**
- **Memory Care Program**
- **Caregiver Support Programs**
- **Seniors Mental Health and Addictions Response Team**
- **Mental Health Support Line**
- **Private Home Support Services**
- **PCN In-Home Supports Coordination**
- **City Links Program**
- **Friendly Visitor Program**
- **Safta's Kitchen Program**



We meet clients in the community, in their homes or at our offices.

- Eligibility:** Anyone living in the City of Calgary
- Fee for service:** There is no cost for most programs with the following exceptions:
- Mental Health Line – 3 free sessions, sliding scale fees for additional service
 - Private Home Support Services – fees apply
- Contact us:** **403-287-3510** or email info@fsc.org
- Website:** www.jfsc.org

We are the proud recipient of the 2021 Alberta Minister's Senior Service Award in the Nonprofit Category for 'Outstanding Commitment to Alberta Seniors'

JFSC is a non-denominational, accredited, non-profit social service agency dedicated to enriching lives and strengthening communities since 1961. We provide inclusive and accessible programs and services for individuals and families across their life spans, based on the values of compassion, social justice and improving the world.



BASIC NEEDS SUPPORTS

We work one-on-one with clients to meet essential needs, foster independence and encourage self-sufficiency while preserving dignity. We support individuals with:

- Food Security
- Connection to community resources
- Financial literacy and coaching
- Advocacy
- Housing support
- Initial and on-going assessment of needs



Our Wynne Thal Pantry carries a selection of food, hygiene products, cleaning supplies and even pet food for those in need.

OLDER ADULT SUPPORTS: THE WAY-IN NETWORK



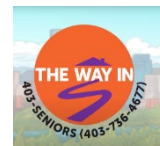
Our goal is to enhance the quality of life for seniors, connecting clients with programs and services to promote healthy aging, community inclusion and independence. We address the unique needs of seniors with the goal of successful aging in place.

Our specialized Older Adult Team works one-on-one with clients providing:

- Services to reduce isolation
- Advocacy and emotional support
- Information, referrals and access to community resources to assist with food security, housing, transportation and health care
- Support completing forms for government benefits and income programs
- Financial literacy and coaching
- Connection to community and activities
- Education and health promotion

Our outreach model delivers services to Older Adults in the community, in their homes or at our offices.

We are part of the Way In Network, a four agency collaboration (JFSC, carya, Calgary Senior Resource Society, Calgary Chinese Elderly Citizens Association) supporting older adults in the City of Calgary.



JFSC MEMORY CARE PROGRAM

Our Memory Care volunteers are trained through the Alzheimer Society of Calgary's *Best Friends Approach*™ and go to client's homes for one-on-one activity support.

Our Program:

- Provides activities for cognitive, physical, social, emotional and creative support
- Builds connections and relationships
- Provides access to professional support and advocacy



JFSC CAREGIVER SUPPORT PROGRAMS

Caregiver roles are rewarding but can also pose challenges and have significant impacts on family and relationship dynamics. When “caregiver stress” is unaddressed, it can build into “caregiver burnout”, a physical, emotional and mental exhaustion.

Our support for caregivers of seniors:

- individual counselling
- group sessions
- education
- access to resources for aging, memory loss, dementia and Alzheimer's Disease, chronic illness, coping and self-care strategies, grief and loss, and resiliency



Topics include:

- Specialized memory loss and dementia work focusing on dementia education, coping strategies and emotional support.
- Group sessions focusing on practical caregiving strategies, resource navigation and caregiver self-care.
- Individual counselling support

SENIORS MENTAL HEALTH AND ADDICTIONS RESPONSE TEAM (SMHART)

Depression, anxiety and other mental health issues can present in older adults as a result of the cumulative effects of loss, grief and sorrow. Our Team works with older adults struggling with mental health and/or addictions.

SMHART:

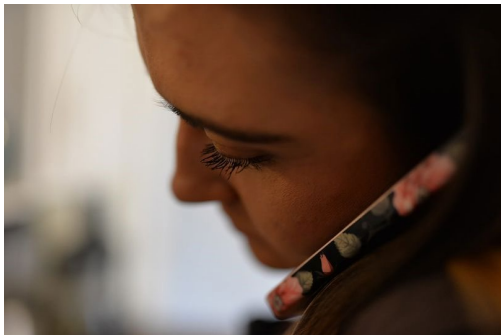
- Focuses on early intervention and prevention
- Conducts screenings and assessments
- Connects clients to community resources
- Provides emotional support
- Acts as an advocate
- Monitors ongoing mental health
- Provides basic medical needs
- Implements action plans and service goals.



We work with AHS Geriatric Mental Health Unit, Family Physicians, Psychiatrists, Psychologists, Home Care, Kerby Centre, The Way-In Network, Senior Connect, Mental Health Support Line, and the Elder Abuse Response Team.

MENTAL HEALTH SUPPORT LINE 403-287-3511

Our phone line is an accessible resource for people struggling with their mental health. We provide confidential, barrier-free, short term therapy with a registered psychologist with up to three complimentary sessions and the option of continuing therapy on a sliding fee scale.



Our therapists are well experienced and offer support with:

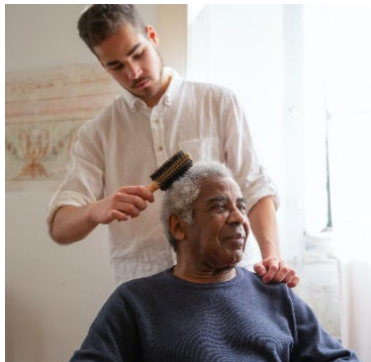
- Grief and Loss
- Life transitions
- Family and inter-personal relationships
- Historical trauma
- Mental health diagnosis and coping strategies

PRIVATE HOME SUPPORT SERVICES

Sometimes we need extra help. A caregiver needing respite, short term help after surgery, assistance with housework, grocery shopping, or wound care. Sometimes meal preparation is the only barrier for a senior to remain in their home.

Our professional staff provides short and long term In-home support to help with physical and/or emotional limitations that impact daily living.

We work with natural support networks, AHS, community resources and other service providers to meet the unique needs of every individual.



- Homemaking
- Meal preparation
- Accompaniment to appointments
- Medication assistance
- Personal care
- Caregiver respite
- Advocacy and emotional support

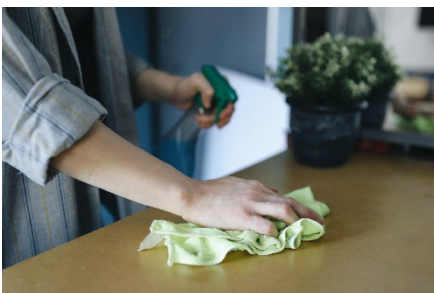
Home support services are available on a fee for service basis.

PCN IN-HOME SUPPORTS COORDINATION

We are part of a collaboration working with PCNs and AHS Acute Care discharge staff. We support seniors as they transition back to community after hospital discharge.



CITY LINKS PROGRAM



We work in partnership with The City of Calgary to provide home maintenance support for eligible seniors living on lower fixed incomes.

FRIENDLY VISITOR PROGRAM

Our Friendly Visitor Program pairs volunteers and seniors for weekly visits to explore common interests, shared experiences and building connections, with the aim of bringing joy to seniors and reduce isolation.



SAFTA'S KITCHEN PROGRAM



Safta's Kitchen is an innovative program for seniors aimed at enhancing joy and reducing isolation through cooking together. Through Covid seniors have been receiving meal kits and enjoying Zoom seminars, post-Covid events will be in person, cooking together as a group. This program is part of Igniting Neighbors, funded by New Horizons for Seniors.

VOLUNTEER PROGRAM

Volunteers are a valued and important part of JFSC providing client contact and engagement through multiple programs including Friendly Visitor, Memory Care and Safta's Kitchen. Training is provided through the Agency and volunteers feel a sense of purpose and enjoy the opportunity to get involved and give back to their communities.



FREQUENTLY ASKED QUESTIONS

Do I have to be Jewish to access services?

No, we provide services to all faiths and cultures.

What part of Calgary does JFSC service?

JFSC provides services in the City of Calgary.

How can I contact you?

JFSC's intake line is **403-287-3510**.

How can I get more information about JFSC?

Check out our website at www.jfsc.org or call our intake line **403-287-3510** for information on all our programs and services.

Is there a cost for your services?

There is no cost for most programs with the following exceptions:

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I don't have access to transportation, how can I receive your services?

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