

Transportation a barrier to remaining active?

We offer two transportation options:

- Volunteer Driver Program
- Wheelchair Accessible Transportation



**Call for information
and to schedule:
519-842-3200**



Stonebridge Community Services

is a non-profit organization focused on delivering high-quality personal care services to the Tri-Counties (Oxford, Elgin, Norfolk).

Stonebridge

Community Services

Have a question?

Call 519-842-3200

Stonebridge

Community Services

HEALTH & WELLNESS SERVICES



www.stonebridgescs.com

519-842-3200

Home Support Services

Professional, high-quality home care services provided by registered Personal Support Workers (PSWs) and supervised by a Registered Nurse.

In-Home Personal Care

In-home personal care includes a wide range of services to ensure that you or your loved one is safe and comfortable in their home.

Services can include:

- A Personal Care Plan
- 24-Hour Care, Overnight Care and Respite Care
- Professional Nursing Care
- In-Home Personal Care Services – meal planning and preparation, shopping, light housekeeping, laundry, and more...

Cost: Many services covered by insurance or on a fee-for-service basis.

Eligibility: Varies across Oxford, Elgin, Norfolk



Care for the Caregiver

At times, the challenges that go with caring for someone with a disability or chronic illness can be overwhelming. We can help. Stonebridge offers a variety of services to help caregivers cope:

- Respite Services
- Caregiver Coach
- Nurse Advisor
- Support Group Services
- Counselling
- Events & Workshops

Contact us to arrange a private in-home consultation.

Cost: Many services are covered by insurance or on a fee-for-service basis.

Eligibility: Varies across Oxford, Elgin, Norfolk

Community Wellness Services

A variety of community wellness activities can help you stay healthy.

- Community Exercise and Falls Prevention Classes
- Senior-Friendly Yoga
- Pickleball
- Urban Poling & Walking Groups
- Special Events & Workshops

Visit our website for details:

www.stonebridgecs.com

Foot Care Services

Proper assessment and good foot care allow a more active lifestyle and reduce the risk of injuries and infection.

Basic Care includes:

- Foot Health Assessment
- Callous removal
- Foot Soak, Moisturize & Massage
- Professional Nail Care - Cut, Clean, File
- Treatment of dry/cracked skin, nail fungus, thick nails

Services Provided At: Home, hospital, long-term care facility, community clinics

Cost: Fees range from \$15 - \$35/session.

Preventative Health Services

To help enhance physical and emotional health, gain independence, and promote good quality of life throughout the aging process.

In-Home Personal Activity & Exercise Plan

Our registered Occupational Therapist, Kinesiologist or trained fitness instructor will come to your home to develop a personal fitness plan. Instructors are certified in senior-specific exercise. We offer in-home, on-line support and exercise class streaming.

Health-E Steps Program

A 12-week, healthy lifestyle program to help you improve and/or maintain overall health and functional ability. Program offered through group and individual exercise classes, as well as personal wellness coaching.

Employee Wellness Services

It's important for employers to recruit and retain a healthy workforce. We offer a variety of customizable health and wellness programs to employers: wellness audits, ergonomic workplace assessments, fitness assessments, walking/running programs, and more.

