

Section 5

Personal Care and In-Home Supports

A Note About Personal Care and In-Home Supports

Readers should also look at the services, programs and groups listed in *Section 5 - Respite and Residential Programs*. These may be relevant for those with personal care and in-home support needs.

Christian Horizons

202

Address: 4278 King St E, Ste 2, Kitchener N2P 2G5

Phone: 519-650-3241 **Fax:** 519-650-0206

Email: info@christian-horizons.org

Contact: Mary Roberts, Waterloo-Wellington Area Manager ~ 519-650-3241 ext 505 ~ mroberts@christian-horizons.org

Eligibility: Individuals with developmental disabilities who qualify for disability benefits

Services: Establishes specialized facilities and programs, such as residences, life skills training, camps and day programs, to encourage full potential of people with developmental disabilities ~ Horizon Houses Waterloo: residences for adults accommodating up to 6 residents each ~ Waterloo Supported Independent Living (SIL): residential apartments for adults ~ speakers available ~ Conference Centre available for groups

Serves: Waterloo Region

Hours: Mon-Fri 8:30am-4:30pm

Community Care Concepts of Woolwich, Wellesley and Wilmot

203

Address: A-28 South St W, Elmira N3B 1K8

Phone: 519-669-3023, 519-749-0784 **Fax:** 519-669-3078

Email: ccc1@golden.net

Eligibility: Adults 60 years and over ~ adults with disabilities

Services: Home support assistance

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 9am-5pm

Community Care Concepts of Woolwich, Wellesley and Wilmot, Home Maintenance and Repair

204

Address: A-28 South St W, Elmira N3B 1K8

Phone: 519-669-3023, 519-749-0784 ext 3007 **Fax:** 519-669-3078

Email: ccc3@golden.net

Contact: Karla Frey

Eligibility: Seniors 60 years and over ~ adults with physical or psychosocial disabilities

Services: Assistance with outdoor and home maintenance activities

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

Hours: Mon-Fri 9am-5pm

Community Care Concepts of Woolwich, Wellesley and Wilmot, Homemaking Service Program

205

Address: A-28 South St W, Elmira N3B 1K8

Phone: 519-669-3023, 519-749-0784 ext 3007 **Fax:** 519-669-3078

Email: ccc3@golden.net

Contact: Christine Rushton, Home Services Coordinator

Eligibility: Seniors 60 years and over ~ adults with physical or psychosocial disabilities

Services: Assists with household activities such as light housekeeping, shopping and meal preparation ~ provides necessary emotional and social support

Serves: Township of Wellesley ~ Township of Wilmot ~ Township of Woolwich

To Apply: Home assessment required

Hours: Mon-Fri 9am-5pm

Community Living Cambridge, Community Participation Support

206

Address: 160 Hespeler Rd, Cambridge N1R 6V7

Location: 162 Hespeler Rd, Cambridge

Phone: 519-623-7490 **Fax:** 519-740-8073

Contact: Dorothy Rosengarten, Manager ~ drosengarten@communitylivingcambridge.ca

Eligibility: Adults 18 years and over with developmental disabilities

Services: Provides life skills development

Serves: City of Cambridge ~ surrounding area

Hours: Mon-Fri 8am-4pm

Community Living Cambridge, Residential Services

207

Address: 160 Hespeler Rd, Cambridge N1R 6V7
Phone: 519-623-7490 **Fax:** 519-740-8073
Contact: Denise Gruber, Director, Program Services ~ dgruber@communitylivingcambridge.ca
Eligibility: Individuals with developmental disabilities
Services: Residential group homes ~ residences range from accommodation for 12 people to group homes for 3-6 people, and townhouse/apartments for 1-3 people ~ caregiver relief
Serves: City of Cambridge ~ surrounding area
To Apply: Contact Developmental Services Access Centre 519-741-1121 ext 202
Hours: Office Mon-Fri 8:30am-4:30pm

Elmira and District Association for Community Living

208

Address: 118 Barnswallow Dr, Elmira N3B 2Y9
Phone: 519-669-3205 **Fax:** 519-669-3444
Contact: Cheryl Heimpel, Services Director ~ 519-669-3205 ext 226 ~ cheimpel@elmiracl.com
Serves: Township of Wellesley ~ Township of Woolwich ~ Township of Mapleton
Hours: Mon-Fri 8:30am-4:30pm

Elmira and District Association for Community Living, Residential Services

209

Address: 118 Barnswallow Dr, Elmira N3B 2Y9
Phone: 519-669-3205 **Fax:** 519-669-3444
Contact: Cheryl Heimpel, Services Director ~ 519-669-3205 ext 226 ~ cheimpel@elmiracl.com
Eligibility: Adults 18 years and over with developmental disabilities
Services: Community based homes ~ apartment support program for independent living
Serves: Township of Wellesley ~ Township of Woolwich ~ Township of Mapleton
Hours: Mon-Fri 8:30am-4:30pm

Forest Heights Long Term Care Centre, Life Skills Program

210

Address: 60 Westheights Dr, Kitchener N2N 2A8
Phone: 519-576-3320 **Fax:** 519-745-3227
Contact: Carrie Strub, Program Manager
Eligibility: Adults and seniors with developmental disabilities
Services: Day program ~ community support, life skills, recreation, scheduled day trips
Serves: Waterloo Region
To Apply: Medical assessment required: contact Developmental Services Access Centre 519-741-1121
Hours: Mon-Fri 8:30am-4:30pm

Independent Living Centre of Waterloo Region

211

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4
Phone: 519-571-6788 **Fax:** 519-571-6388
Email: info@ilcwr.org
Contact: Paula Saunders, CSS Program Director ~ paula@ilcwr.org
Services: Provides supports to individuals with disabilities to ensure inclusion with the community
Serves: Waterloo Region
Hours: Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Direct Funding Program

212

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4
Phone: 519-571-6788 **Fax:** 519-571-6388
Eligibility: Individuals 16 years and over with physical disabilities ~ must have valid Ontario health card
Services: Provides funding for individuals to manage their own attendant care while living at home
Serves: Waterloo Region
To Apply: Application and assessment required
Hours: Office Mon-Fri 9am-4:30pm

Independent Living Centre of Waterloo Region, Outreach Program 213

Address: 127 Victoria St S, Ste 201, Kitchener N2G 2B4
Phone: 519-571-6788 **Fax:** 519-571-6388
Email: info@ilcwr.org
Contact: James Downham ~ james@ilcwr.org
Eligibility: Individuals 16 years and over with physical disabilities ~ must have Ontario health card
Services: Attendants provide assistance with activities of daily living; personal care, light housekeeping, meal preparation, grocery shopping, paying bills
Serves: Waterloo Region
To Apply: Application required
Hours: Office Mon-Fri 9am-4:30pm ~ service available Mon-Sun 6am-12am
Language: English ~ French ~ German ~ Portuguese ~ Spanish

Independent Living Centre of Waterloo Region, University of Waterloo Attendant Service Project 214

Address: 127 Victoria St S, Ste 201, Kitchener N2A 4B2
Location: University of Waterloo, Village 1, Waterloo
Phone: 519-745-5949 **Fax:** 519-745-0492
Contact: Allan Russell ~ allan@ilcwr.org
Eligibility: Students with physical disabilities attending University of Waterloo, Wilfrid Laurier University or Conestoga College
Services: Attendants provide assistance with activities of daily living
To Apply: Application required
Hours: Office Mon-Fri 9am-4:30pm

Kitchener-Waterloo Extend-A-Family Association, Familyhome Program 215

Address: 91 Moore Ave, Kitchener N2H 3S4
Phone: 519-741-0190 **Fax:** 519-741-0392
Contact: Niki Stevenson, Manager ~ 519-741-0190 ext 233 ~ nikis@eafwr.on.ca
Services: Matches adults with developmental disabilities with families in community willing to share their homes ~ offers support and training to participating families
Serves: Waterloo Region
To Apply: Contact Development Services Access Centre 519-741-1121
Hours: Mon-Fri 9am-4:30pm

Kitchener-Waterloo Extend-A-Family Association, Special Services at Home 216

Address: 91 Moore Ave, Kitchener N2H 3S4
Phone: 519-741-0190 **Fax:** 519-741-0392
Contact: Cathy Meyer, Manager ~ 519-741-0190 ext 225 ~ cmeyer@eafwr.on.ca
Eligibility: Individuals with developmental or physical disabilities
Services: Coordinates individual support services
Serves: Waterloo Region
Hours: Mon-Fri 9am-4:30pm

K-W Habilitation Services, Residential Services 217

Address: 108 Sydney St S, Kitchener N2G 3V2
Phone: 519-744-6307 **Fax:** 519-571-1629
Contact: Chris Gefucia, Director of Residential Services ~ cgefucia@kwhab.ca
Eligibility: Individuals with developmental disabilities
Services: Administers and supervises adult and children's group homes, apartments, and supported independent living ~ emphasis on developing life skills ~ limited caregiver relief available at adult and children's residences
Serves: City of Kitchener ~ City of Waterloo ~ Township of Wilmot
To Apply: Contact Developmental Services Access Centre 519-741-1121
Hours: Mon-Fri 8:30am-5pm

Participation House - Waterloo-Wellington**218****Address:** 1382 Weber St E, Unit 1, Kitchener N2A 1C4**Phone:** 519-741-5845 **Fax:** 519-741-8731**Contact:** Else Torre, Service Facilitator ~ 519-742-9424 ext 204 ~ elsa@phwaterloo.org**Eligibility:** Individuals 16 years and over with physical disabilities or brain injuries**Services:** Provides attendant services and life skills training ~ information and referral**Serves:** Waterloo Region ~ Wellington County**To Apply:** Contact Service Facilitator**Hours:** Mon-Fri 9am-4:30pm

Participation House - Waterloo-Wellington, ABI Group Home**219****Address:** 120 Tagge St, Kitchener N2K 3V9**Phone:** 519-578-7971 **Fax:** 519-585-1611**Contact:** Else Torre, Service Facilitator ~ 519-742-9424 ext 204 ~ elsa@phwaterloo.org**Eligibility:** Individuals 16 years and over with acquired brain injury**Services:** Supportive housing in six bedroom home; each resident has own bedroom ~ provides 24 hour assistance with personal care, daily living activities, and homemaking**Serves:** Waterloo Region ~ Wellington County**To Apply:** Contact Service Facilitator

Pioneer Youth Services**220****Address:** 26 Dorset St, Waterloo N2L 3L5**Phone:** 519-884-3985 **Fax:** 519-884-3909**Email:** pioneerkw@pioneeryouthservices.ca**Contact:** Irene Mitchell, Intake/Community Liaison ~ 519-884-3985 ext 226**Eligibility:** Children and youth 6-18 years with mental health concerns or developmental disabilities**Services:** Long term residential treatment homes (8) ~ Section 23 classrooms**Serves:** Ontario (South Central)**To Apply:** By referral**Hours:** Office Mon-Fri 8:30am-5pm

Sunbeam Residential Development Centre**221****Address:** 2749 Kingsway Dr, Kitchener N2C 1A7**Phone:** 519-893-6200 **Fax:** 519-893-9034**Email:** postmaster@sunbeamcentre.com**Contact:** M Shaune Lawton, Executive Director ~ mslawton@rogers.com**Eligibility:** Individuals with developmental and physical disabilities**Services:** Group homes: long term and short term care ~ respite and emergency placements ~ adult day programs ~ outreach services**Serves:** Waterloo Region**To Apply:** By referral**Hours:** Office Mon-Fri 8:30am-4:30pm ~ parents may visit any time; public by appointment only

Waterloo Regional Homes for Mental Health Inc**222****Address:** 618 King St W, Kitchener N2G 1C8**Phone:** 519-742-3191 **Fax:** 519-742-5232**Contact:** Anne Wright-Gedcke, Intake Coordinator ~ 519-742-3191 ext 227**Eligibility:** Individuals 16 years and over with mental health concerns**Services:** Housing provision and support coordination services ~ support services include supportive counselling, service coordination, practical living skills support, crisis support, education and advocacy services ~ Crisis/Respite Residential Program ~ Assertive Community Treatment Team: outreach program providing individual treatment and support**Serves:** Waterloo Region ~ Dufferin County ~ Wellington County**To Apply:** Waiting list**Hours:** Mon-Fri 8:30am-4:30pm

Waterloo. Department of Recreation and Leisure Services, Home Support Services 223

Address: 185 King St S, Waterloo N2J 1P7

Phone: 519-579-6930 **Fax:** 519-579-4560

Contact: Irene O'Toole, Program Manager ~ iotoole@city.waterloo.on.ca

Eligibility: Seniors 65 years and over ~ individuals with physical disabilities

Services: Home support services ~ resource and information centre on services available to seniors in Waterloo ~ homemaking, housecleaning, gardening, transportation, snow shovelling, home visiting and assurance phone calls, minor home repairs ~ confidential counselling to individuals, families, or groups at Centre or in home ~ advocacy

Serves: City of Waterloo

Hours: Mon-Fri 8:30am-4:30pm

Language: English ~ translation available in other languages