### VISION

Providing care, connection and support throughout the aging journey.



### MISSION

We believe older adults have a vital role to play in our community. No matter where you are on the aging journey, we value your experience, wisdom and contributions. Whether you need connection, advocacy or support, we are here to help you and your family.



# OUR YEARLY IMPACT

- **350** Older adults and people with disabilities received home support services so they could live safely and comfortably at home
- **180** Holocaust survivors received support including financial, medical, food, and home care
  - 50 Seniors participated in Seniors Sharing Shabbat to stay socially connected
  - **18** Thriving Seniors workshops offered in health and wellness and helped people maintain social interactions

# **CONTACT** US

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# PROGRAMS AND SERVICES FOR **OLDER ADULTS**



# JEWISH FAMILY SERVICES

Lives uplifted, a world repaired.

# AGING **AT HOME**

#### HOME SUPPORT SERVICES

Assistance with personal care, light housekeeping and laundry, meal preparation, companionship, overnight stays and respite.



#### **BETTER AT HOME**

Helps seniors living in Kerrisdale, Oakridge, Marpole, Dunbar and Southlands. Non-medical supports are provided to help seniors live safely and independently at home; offers grocery shopping assistance, light housekeeping and laundry, virtual or in person volunteer visitor, transportation to medical appointments, and handiperson services.

#### HOME SERVICES & REPAIRS

Provides low-cost handiperson to help low-income seniors and older adults with disabilities in Vancouver and Richmond.

# SUPPORTIVE SERVICES

#### HOLOCAUST SURVIVOR SERVICES

Case management, financial aid and social programs available through the Compensation Program of Claims Conference. Financial aid is available for dental, home support, medicine, medical equipment, and food.

#### **CARE MANAGEMENT**

For seniors and their families who need help navigating the aging process; and/or need assistance and advocacy to access services and support.



### FOOD PROGRAMS

Food bank grocery delivery for those needing to supplement their monthly food purchases. Meal delivery program for those returning from hospital or unable to prepare healthy meals.



### **COMMUNITY** ENGAGEMENT

#### **THRIVING SENIORS**

Promotes wellness through knowledge, connection and support. Join the Senior's Leadership Team and have a voice in what topics are presented. Attend bi-weekly workshops.

### **COMMUNITY CONNECTOR**

This social prescribing program is designated to help older adults identify their needs and goals, and increase their social connections and independence and improve their health and well-being.



### SENIORS SHARING SHABBAT

Provides a Parve Shabbat meal and online connection for older adults once a month. Prepared at our Kosher Kitchen, the meal includes a recipe card and story about that month's special meal.