



Live Every Day.



Welcome to VON Community Support Services!

We provide a number of programs geared toward seniors and adults living with disabilities. Below is a list of the programs available.

To inquire about any of our services or to volunteer, please call us at **905-821-3254**.

MEALS ON WHEELS

The Meals on Wheels program offers hot, fresh nutritious meals which are delivered by volunteers Monday through Friday, excluding statutory holidays. The meals are for individuals living in Mississauga and Oakville who are unable to perform food preparation due to an illness or disability. Frozen meal options are also available.

Hot & Frozen Full Meal (includes soup and dessert):	\$ 7.25
Frozen Regular Meal (includes soup or dessert):	\$ 6.25
Frozen Meal (Meal Only):	\$ 5.00
Frozen Soup:	\$ 1.70
Frozen Dessert:	\$ 1.70
Frozen Side (Breakfast combo):	\$ 1.75
Frozen 7 Meals only package:	\$ 35.00
Frozen 30 Soups or Desserts package:	\$ 51.00

*Program pricing subject to change. Please call to confirm the most current pricing.

SENIORS LUNCH BUNCH

This lunch program offers a hot nutritious meal in a social group setting for seniors 65+ for a cost of \$7.00 per person. This program runs weekdays during the lunch hour in different locations throughout Mississauga. Transportation is also available for cost of \$2.50 for a return trip. *Program pricing subject to change.

VOLUNTEER VISITING

Volunteer Visitors provide weekly social visits to seniors and adults living with physical disabilities who are socially isolated. Visits are generally once a week for approximately 2 hours.

Not all services are available at all VON sites. For more information and services available in your area, please contact your local VON site.

For more information, visit www.von.ca or call 905-823-9524

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TELEPHONE REASSURANCE

Telephone reassurance offers a regular telephone security check and social contact with seniors and adults with disabilities who may be living on their own or otherwise socially isolated.

S.M.A.R.T. ® Enhanced-SENIORS MAINTAINING ACTIVE ROLES TOGETHER

The SMART® program offers a one-on-one in home exercise program for frail, high risk seniors who are not able to attend group exercise programs and who have had a recent decline in functional abilities.

SUPPORTS FOR DAILY LIVING

24-hour pre-scheduled or urgent on call response for support services in your home to help with personal care and with essential homemaking. Includes multiple daily visits based on individual needs, 7 days a week, 365 days a year provided by trained Personal Support Workers. Seniors aged 65+ living in Mississauga, Oakville, Etobicoke and Milton with complex needs who want to and are able to continue to live at home as long as they have access to frequent, urgent and intense onsite personal support to help with the essential activities of daily living. Personal care could include things such as bathing, dressing, grooming, medication assistance/reminders, light food preparation, etc. based on needs assessment. Eligibility is determined by individual assessment and service is free for those eligible clients. To get more information call Mississauga-Halton Central Registry at 905-281-4443. This is a non medical program.

SUPPORTIVE HOUSING

VON provides assistance with activities of daily living such as personal support, homemaking, security/reassurance checks and care coordination for eligible seniors 65+ who reside in the locations listed below. The services are delivered by personal support workers and are offered 24 hours/day, 7 days /week, 365 days/year. The program helps enable seniors to remain safely at home.

Edenwood Seniors Village:

327-3061 Battleford Rd., Mississauga, ON, L5N 6R7 905-824-8737

Westminster Court:

129-4150 Westminster Pl., Mississauga, ON L4W 3Z7 905-273-6902

Grace Court:

103-17 Scott St., Brampton, ON L6V 3Y7 905-456-0935

VOLUNTEER OPPORTUNITIES

Make a difference in your community and give your time to assist



Charitable number:
129 482 493 RR0001

About VON

VON Canada is a national health care organization and registered charity offering a wide range of home care community support services.

With a strong national approach and deep community roots, our professionals and volunteers contribute every day to improving of life and promoting independence for thousands of Canadians.

We work closely with community and government partners to deliver vital services, where and when they are needed.

Contact us

Direct:

905-821-3254

Toll free:

1-800-727-1581

Fax:

905-821-8256

www.von.ca