



IN-HOME SUPPORT IN FRENCH



Services Guide



Funded in part by the
Government of Canada's
Age Well at Home Initiative





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About Living+ at home

Seniors wish to stay at home, healthy and safe, surrounded by their community. Many consider moving to a retirement home earlier than planned, often due to a lack of home support, particularly those with low income or vulnerabilities.

The Federation of Francophone Seniors and Retirees of Ontario (FARFO) is proud to reach out to Francophones aged 50 and over in the regions of Cambridge, Guelph, Kitchener, and Waterloo (CGKW) through the "Living+ at Home" project. This project, funded by the Government of Canada's Aging Well at Home Initiative, offers a range of services, including friendly visiting, friendship phone calls, volunteer transportation, home maintenance, light housekeeping, and information and referrals.

These services, available in French, are mainly free thanks to volunteers. This document informs the Francophone community about available options for seniors, demonstrating FARFO's ongoing commitment to supporting them in their desire to remain at home.



Friendly visiting in the home

Friendly visiting are free and aim to alleviate loneliness and improve the emotional well-being of seniors living alone at home.

These visits are scheduled regularly based on agreement between the volunteer and the client, providing time to chat, share, play games, or simply read together.

This program is available to any individual aged 50 or older living alone, whether experiencing a loss of autonomy, convalescing, or having limited contacts or visits due to mobility issues.



Friendship phone calls

The friendship phone call service, provided by volunteers, aims to provide a listening ear to seniors, whether they are sick or living alone.

These weekly calls provide comfort to those facing anxiety, worry, and loneliness.

This free service is open to any individual aged 50 or older living alone, with or without loss of autonomy, suffering from a chronic illness, convalescing, or having limited contacts or opportunities to go out due to mobility difficulties.



Volunteer transportation

The transportation service assists seniors in attending medical appointments, grocery shopping, or meeting other essential needs, using volunteers' cars to ensure their mobility and independence.

This service is free for individuals receiving guaranteed income supplement. For others, there is a contribution of \$0.50 per kilometer to cover the volunteer's car expenses.

Any individual aged 50 or older needing assistance with transportation can use this service, as long as they can enter and exit the vehicle.



Home maintenance

The housekeeping service helps with tasks such as snow removal, lawn mowing, and minor repairs, like assembling furniture or changing light bulbs.

Any individual aged 50 or older needing assistance with home maintenance can benefit from this service.

For individuals receiving guaranteed income supplement, the service is free. For others, the cost is \$22 per hour if equipment is provided. Otherwise, the rate is \$27.



Light housekeeping

This service assists with light household tasks to keep the home clean and tidy for elderly individuals. This includes dusting, sweeping, cleaning, and waste management.

Any individual aged 50 or older needing assistance with these tasks can benefit from this service.

For individuals receiving guaranteed income supplements, the service is free. For others, it costs \$22 per hour if equipment is provided. Otherwise, the rate is \$27.



Information and referrals

The information and referral service aims to provide useful information and guide Francophone seniors to services not offered by Living+ at Home program but available from other service providers.

Whether seeking information on government programs, community services, or other initiatives, our goal is to direct seniors to the appropriate resources to meet their specific needs.



To become volunteer

As a volunteer, your task is to dedicate 1 to 2 hours of your time each week, or every two weeks or per month, to support individuals enrolled in the program in one of the services mentioned in this guide.

All volunteers must complete the online registration process and undergo a vulnerable sector check.

FARFO will assist volunteers with all necessary steps, and all related expenses will be covered.

TO REGISTER

To request one of the services, refer someone, or become a volunteer, please contact us.

 **548 398 4942** available Monday-Thursday from 9 a.m. to 3 p.m.

 **Cambridge, Guelph, Kitchener et Waterloo**

 **<https://farfo.ca/vivre-chez-soi/>**

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