



# SENIORS ADVOCACY GROUP NEWSLETTER



Compliments of the MSC and SbCS Client & Family Council - June 2022 Issue

Call: 519-842-9008 Online: [www.multiservicecentre.com](http://www.multiservicecentre.com) Facebook: @MSCtillsonburg

Every June 15, World Elder Abuse Awareness Day acknowledges elder abuse as a public health and human rights issue. Elder abuse can be physical, emotional, financial, sexual, or involve some other breach of a person's rights and freedoms such as neglect. Often the person causing the harm is someone in a position of trust, like a family member, friend, or caregiver.

**SOME ABUSIVE BEHAVIOUR IS ILLEGAL; ALL ABUSE IS WRONG.**

Ways to protect yourself against abuse and improve your well-being:

- Stay in regular contact with people who support you and respect your decisions.
- Join in on community activities and events where you can meet people and do things that give you enjoyment, strength, and comfort.
- Stay healthy through a nutritious diet, regular hydration, exercise, and a good night's sleep.
- Be involved in and aware of what is happening with your money and belongings.
- Protect your right to make your own decisions.
- Get support and ask for help. If you feel depressed, talk to a friend, faith leader, or social service agency in your community.

If you are experiencing abuse, or suspect abuse is occurring, contact:

Elder Abuse Ontario - [www.elderabuseontario.com](http://www.elderabuseontario.com)

Seniors Safety Line (SSL) - [1-866-299-1011](tel:1-866-299-1011)

Ontario Caregiver Helpline - [1-833-416-2273](tel:1-833-416-2273) or <https://ontariocaregiver.ca>



## SPOTLIGHT ON PROGRAMS

### HOUSEKEEPING SERVICES

Each client is assessed for their specific needs and an appropriate, qualified service provider is assigned. Clients tell us that having the same worker helps them schedule the visits and provides the consistency they need. MSC can arrange for a qualified, vetted service provider to make your home safe and tidy. Our team of seasoned housekeepers take care of tasks like: housecleaning, laundry, shopping, changing bedding, food preparation and running errands. Often our clients enjoy riding along on the errands for the independence that a day out and a task completed provides.

**COST:** \$21.99 per 1-1/2 hour appointment. Appointments are a 1-1/2 hour minimum.

**ELIGIBILITY:** Age 55 + and we simplify the qualification process for you.

### HOME AT LAST - HELP AFTER SURGERY OR HOSPITAL STAYS

Returning home after a hospital stay requires more than a taxi ride. We can book the ride, ensure your medications and groceries come home with you and help you get settled in. We provide any necessary personal care, light housekeeping, bedding preparation, bathing, prescription pick up and other tasks as needed. This individualized, short term service can be accessed for each surgery, emergency room or day surgery visit to Tillsonburg District Memorial Hospital. It can even be scheduled in advance to support a seamless transition from hospital to home.

**COST:** The Southwest LHIN covers all costs for services with the HAL program.

**ELIGIBILITY:** Ages 55+ requiring assistance in hospital to home transition.

**REMINDER: We are still offering free transportation to appointments for your COVID Vaccinations and boosters!**

If you would like to join the Client and Family Council, or have any questions, please contact Diana Handsaeme at 519-842-9008 ext. 227 or [dhandsaeme@multiservicecentre.com](mailto:dhandsaeme@multiservicecentre.com)

**Next CFC Meeting: June 28, 2022 from 5pm - 6pm**