

## Regulatory Scheduled Programs and Activities

The following activities happen regularly each month. We welcome all seniors and adults with disabilities. You do not need to be a Health Centre Patient. Call x2210 for more information.

**Soup's Out:** 1st and 3rd Tuesdays

**Caring Crafters:** Mondays at the HUB

**MS Support Group:** 2nd and 4th Mondays at WECHC

**Drop-in Group:** 4th Thursday at the HUB. Enjoy an activity and a meal.

**Walk'n'Dine:** 1st Thursday of every month at the HUB

**Parkinson's Support Group:** 4th Thursday at the HUB. For caregivers and those living with Parkinson's Disease.

**FUNctional Fitness Exercises:** Every Wednesday at the HUB

**ABI Support- Acquired Brain Injury Support Group:** 2nd and 4th Tuesday of every month for those living with ABI.

**Special Events:** Throughout the year

## About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at [wechc.on.ca](http://wechc.on.ca) to learn more about us.

Home and community support programs are an important community link, allowing seniors and adults with disabilities to remain independent, healthy, and safe.

- Friendly Visiting
- Meals on Wheels
- Luncheons
- Transportation
- Assisted Living
- Caregiver Support

## Programs and Services for Seniors and Adults with Disabilities

West Elgin Community Health Centre  
153 Main Street  
West Lorne ON, N0L 2P0  
T 519-768-1715 F 519-768-2548  
[wechc.on.ca](http://wechc.on.ca)



We welcome all seniors and adults with disabilities from Dutton Dunwich and West Elgin Municipalities. You do not have to see a doctor or nurse practitioner at the Health Centre to access these programs and services. Call **519-768-1715** to learn more.



## Assisted Living

- Our qualified support workers provide assistance in the communities to at risk seniors who require more support than provided by home care but who do not require long-term care.
- We can assist with personal care (dressing, grooming, bathing house keeping/ laundry services, medication reminders/checks, security checks and social support.
- There is no cost to eligible clients.

## Meals on Wheels

- A support service that delivers a meal to an individual to meet their nutritional requirements.
- The meals are delivered by volunteers who provide a regular social contact and check the health and safety of the client. These meals are delivered Monday, Wednesday, and Fridays. A hot meal consists of a Hot entree (Meat, potato, and vegetables), as well as a Dessert. Frozen meals - Frozen entrees are also available and delivered to your home.
- Fees for service:
- Hot Meals \$7.00
- Frozen Meals Entrees - \$5.75
- For more information call x2210 for details.

## Luncheons

- This program provides dining and entertainment, providing a meal out of home and an opportunity to socialize and increase health promotion and overall wellbeing.
- Meet new friends, enjoy old acquaintances, learn new ideas and enjoy great food.
- Rides may be provided through the Transportation Program.
- For more information call x2210 for details.

## Friendly Visiting / Telephone Checks

- A volunteer will visit or call on a regular basis.
- You can work on a craft, play a game, go for a drive, or just spend time together
- For more information, call x2210 for details.

## Caregiver Support

- This service provides Information, education, training that will assist the caregiver, family members and/or service provider on behalf of a client, to provide care/ support to the client. This service is provided in a group or individual setting.
- For more information, call x2210 for details.



## Transportation

A support service that provides transportation to medical appointments, shopping and to various social activities and programs. Screened volunteers use their own cars to provide transportation and a friendly visit along the way.

- Fare based on .40 per km
- Client pays for parking
- All rides are dependent upon the availability of a volunteer. To avoid disappointment, please call 24-48 hours in advance.
- To arrange a ride contact: West Elgin Support Services at 519-768-0020
- Community Health Shuttle (Accessible Van) is available for appointments at .52/km and \$18/hour.
- For more information call Ex2210. Book your ride 24 hours in advance.