

# COMMUNITY SUPPORT PROGRAMS

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VHA Home HealthCare (VHA) offers a wide range of Community Support Programs and Services across the regions we serve to provide people with the help that they need. These include:

## Toronto Public Health (TPH) Child Minding

Child minding services for children aged one to 12, while parents attend TPH parenting classes in their neighbourhood.

## Homemaking & Nurses' Services (HMNS)

Homemaking services for individuals or families unable to maintain their homes because of physical and/or mental health issues.

## Home at Last (HAL)

Home At Last is a service for aging adults or adults with special needs who are being discharged from hospital and would benefit from some assistance getting home and settling in safely and comfortably. HAL is funded by Central East LHIN and delivered in partnership with hospitals and local community support services providers.



## Scarborough Postpartum Support Network

This collaborative initiative among nine community care providers, including VHA, provides services for women who are experiencing postpartum mood disorders or adjustment difficulties, as well as services for their infants and families. VHA provides child minding services either in home or onsite.

## Parent Relief and Connect

Short-term in-home support for families dealing with severe stress and impaired parent-child bonds through in-home childcare, emotional support, teaching parenting skills and connecting parents to broader community supports. The program targets vulnerable, low-income families where poverty, mental illness and isolation put parents and their children at risk.

## Support for Families in Crisis

Short-term in-home support to families with children (birth to 4 years) who require "hands-on" care while parent(s) recover from a medical emergency and/or crisis situation. The program allows parent(s) timely recovery from illness/urgent situation and promotes access to community resources to provide ongoing support to families.

## In-Home English as a Second Language (ESL) Program

Newcomer parents who have received VHA services are now offered in-home, weekly English language lessons by trained volunteers. The program is intended as a interim, transitional measure for families with young children (0-17 months) who are unable to access community classes due to children's age.

# COMMUNITY SUPPORT PROGRAMS (Continued)

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## Ring and Reach Webinars

Free telephone and online webinars for caregivers on a variety of topics led by qualified health care professionals. Caregivers can get the information they need without leaving home. Ring and Reach webinars are offered across Canada.

## Volunteer Power and Connection

Trained and skilled volunteers provide in-home support to families discharged from VHA's programs who continue to need of extra support. Volunteers provide in-home care to the children and parents, thus giving the parent the opportunity to manage other aspects of their lives.

## Volunteer Hoarding Support Program

The Volunteer Hoarding Support Program focuses on helping individuals regain control of their living space by providing individualized, flexible, one-on-one support through weekly home visits by a trained volunteer to create and maintain a clutter-free home environment. Services include an initial home assessment, customized service plan and 12 home visits with the volunteer.

## Toronto Hoarding Support Services Network (THSSN)

Led by VHA, supported by 16 partner agencies, and funded through the City of Toronto, the THSSN works collaboratively to service clients more effectively in addressing problematic hoarding. Services help clients manage their clutter while providing the emotional support they need to live safely.

## London Middlesex Hoarding Support Services Network (LMHSSN)

This program targets vulnerable individuals who require housing stabilization due to their hoarding behaviours. Services assist clients with organizing, decluttering/discarding, problem solving, decision making, coping strategies, and reducing acquisition through counselling and coaching. In addition, a maintenance plan is developed with the client to help them maintain housing after our services end. Funded by the London Community Foundation, it is a collaboration between VHA, London and Middlesex Housing Corporation, Canadian Mental Health Association (CMHA) Middlesex, Middlesex London EMS and the London Police.

## Durham Hoarding Support Services Program (DHSS)

This program targets vulnerable individuals who require housing stabilization due to their hoarding behaviours. Services assist clients with organizing, decluttering/discarding, problem solving, decision making, coping strategies, and reducing acquisition through counselling and coaching. In addition, a maintenance plan is developed with the client to help them maintain housing after our services end.

## Extreme Cleaning Programs

Supports individuals living with mental health and/or physical disabilities who have been unable to keep their home environment up to public health standards and are in imminent risk of losing their housing. Once the home is restored to a clean and safe state, the tenants—if not already linked to community supports—are connected to needed resources for ongoing support to break the cycle of deterioration and isolation. The follow-up homemaking/cleaning is instrumental in ensuring success in getting clients to maintain their home. VHA's Extreme Cleaning services are provided in Toronto and the GTA (pending availability), as well as London, Ottawa, and Durham to individuals who meet the respective region's eligibility criteria.

VHA is an anchor agency of the United Way of Greater Toronto (UWGT). Our community support programs are funded through VHA's Future Fund and board-approved allocations from surpluses. Our programs also receive generous support from the UWGT and other funders, including municipal and provincial governments, LHINs, charitable foundations and individual donors in the communities we serve across Ontario.



Creating More Independence