

LOCATIONS

Toronto & York Region.....(416) 481-2733
Mississauga, Brampton
& Oakville.....(905) 276-1140
Durham Region.....(905) 434-5115
Simcoe County & Muskoka.....(705) 719-1444
Hamilton & Burlington.....(905) 572-6162
Niagara Region.....(905) 937-3677
Kitchener/Waterloo.....(519) 585-0845
London.....(519) 433-5000
Halifax & Truro.....(902) 454-6368

Each office is independently owned and operated.

The sole criteria limiting the geographical areas we service are where our Junior Seniors reside so as to maximize their availability.



Junior Seniors Assisting Senior Seniors™

**Drop-In, Live-In and Overnight
Companion CaregiversSM**

**Personal Care
Alzheimer's and Dementia Care**

**Driver CompanionsSM
Homecleaners and Handypersons**

*A Canadian owned and operated
Senior Centred Care Organization
employing and serving seniors since 1985*

www.seniorsforseniors.ca

Seniors For Seniors™, was founded in 1985 by Peter D. Cook on the advice of his then 80 year old mother who told him that many of her younger friends were bored at home and that her older friends needed assistance to remain independent for as long as possible in their own homes.

Seniors For Seniors™ is a non-medical homecare agency providing Junior Seniors (50 years of age plus) to serve and assist Senior Seniors (60 years of age plus, plus). As the average age of our Junior Seniors is 60 to 65 years, there is a minimal age difference between the Junior Senior and the Senior Senior, whose average age is 85 to 90 years plus, and therefore they have many mutual life experiences to share.

*Since the inception of **Seniors For Seniors™**, we have successfully employed thousands of Junior Seniors to assist thousands of Senior Seniors.*



OUR PERSONNEL

All of our personnel are bonded, insured, screened and carefully selected. Their backgrounds are varied and include retired business persons, engineers, managers, pastors, teachers, nurses, social workers, personal support workers, paramedics, and many other professions. But every one of our Junior Seniors share the desire to assist Persons getting Older and to help them age at home, whether that home is a private residence, retirement residence, assisted living facility or nursing home.

Many of our Junior Seniors are trained and experienced in Dementia and Alzheimer's care. Personal Care, if required, is provided by Personal Support Workers (PSW's), retired Registered Nurses, Registered Practical Nurses or Health Care Aides. Our Companion CaregiversSM also receive ongoing **Seniors For Seniors™** training including:

- Falls Prevention Training
- Home Safety and Security
- Alzheimer's and Dementia Care

A hallmark of our service is that we make every effort to send the same Junior Senior to the same Senior Senior to promote a sense of continuity and stability with the senior and their loved ones.

'We are in the business of caring'

DROP-IN COMPANION CAREGIVERSSM

Our Drop-In Companions provide friendship and conversation, taking the senior for walks, reading to them or writing letters, medication reminders, cognitive stimulation, meal preparation (whether breakfast, lunch or dinner) performing light house-keeping chores and generally being an assistant, a friend and a buddy. Our Drop-In Companions provide age appropriate care based solely upon the senior's needs.

Many of our Caregivers are over 70 years of age themselves. Our oldest Junior Senior to date was an 87 year old gentleman who read British history to a 94 year old gentleman.

The range and scope of our Drop-In Companion service is unlimited. For example, a former concert pianist in her late eighties had such severe arthritis that she could no longer play her grand piano. We provided a retired piano teacher to play for her.

LIVE-IN COMPANION CAREGIVERSSM

The responsibilities of the Live-In Companions include all non-medical caregiving required by the Senior Senior, including managing the household to whatever extent deemed necessary. As all of our Junior Seniors maintain their own homes and enjoy a family and social life, long term live-in assignments are divided between two Companion CaregiversSM. We assign the same two Companions to avoid undue disruption for the care receiver and his or her loved ones. One Companion will live-in 4 days a week, the other 3 days a week to provide 24 hour 7 days a week live-in coverage.

We have had numerous Live-In assignments where the same two Companions have been assisting the same senior for many years.

'As we age our memories begin to exceed our dreams'

DRIVER COMPANIONSSM

Senior Seniors can arrange to be driven by our Driver CompanionsSM to and from medical appointments, the bank and the grocery store or to visit with friends.

Our Driver CompanionsSM use their own personal automobiles and are more like "buddies" than merely a transportation service. They are watchful Companions, accompanying and staying with the Senior Seniors, assisting with errands and generally being a personal assistant and friend. We can accommodate seniors with cognitive impairment, walkers and collapsible wheelchairs.

We have accompanied Senior Seniors to art galleries, baseball games, the theatre, to cottages and have golfed with them.

HOME CLEANERS

Often it is difficult to find reliable conscientious Homecleaners. Our Homecleaners are all older adults who are very thorough and caring with decades of experience.

Our Homecleaning service can be utilized on a regular or irregular basis, once a week, once a month or whenever the occasion demands. The senior is responsible for providing all cleaning supplies.

HANDYPERSONS

Our Handypersons are retired individuals who have maintained their own homes over the years and enjoy fixing things and helping others. They will assist with gardening, Spring clean-up or Fall close downs, clean a basement or garage, hang pictures or shower curtains, install a window air conditioner and so on. This service does not include those cases requiring professional tradespersons and guarantees.

All of our services can be utilized as frequently or as infrequently as needed by the Senior Senior.

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SERVICES AND FEES

Companion CaregiversSM:

Drop-In:	\$21 per Hour
Personal Care:	\$23 per Hour (3 Hour Minimum)
Overnight:	\$120 (12 Hours)
Live-In:	Less than a week \$175 per Day One week or more \$165 per Day

There is an additional charge for two persons requiring care rather than one, when personal care is required or when the level of care required is exceptionally demanding.

Driver CompanionsSM:	\$21 per Hour + 50¢ Per Km (2 Hour Minimum)
Homecleaners:	\$24 per Hour (3 Hour Minimum)
Handypersons:	\$25 per Hour (3 Hour Minimum)
House & Pet Sitting:	\$25 per Visit

The above fees are subject to applicable taxes which will be added to the amount owing and shown separately on our Invoices.

INCOME TAX RELIEF

The cost of our services may be offset by the Federal Disability Tax Credit, Medical Expense Credit, Caregiver Tax Credit and/or Credit for Infirm Dependents. *We are an approved Veterans Affairs Canada Provider.*

'We are all Seniors in Training'

Forever Young Magazine rated **Seniors For Seniors™**, the most caring homecare organization with the *BEST* personnel.

The Toronto Star
"Firm Gives Service 'With Care' for Senior Citizens"
"Simple solutions to big problems"

The Globe and Mail
"Giving Seniors a Helping Hand"

The Canadian Jewish News
"Business Helps Cope with Aging Parents"

COMMENTS

- "By utilizing your Live-In service for over 5 years my 80 year old sister has remained happily in her home." — **Mr. R.H.**
- "My aunt found your Companion so kind and caring that she recovered from her mild depression to the extent that she does not need help anymore! Many Thanks." — **Ms. A.R.**
- "When we told you my 94 year old father-in-law was a Veteran of both World Wars, we never expected you would find a WW II Veteran from the same regiment to visit him." — **Mrs. P.C.**
- "I cannot say enough about W.D's work ethic, dedication, attention to detail and general affinity for the practice of eldercare. Any family will be very lucky to have her assigned to them. Keep up the excellent work you do." — **Ms. P.I.**

All services are by appointment only and available to seniors exclusively. Five days notice is ideal.