



Here to Assist You

ONE CARE is your community-based, charitable, not-for-profit health organization providing services to families in Huron and Perth Counties and surrounding area.

For over 40 years we've been committed to providing quality services that enable or extend the ability of seniors and persons with disabilities to remain safely in their homes and active in their communities.

Sometimes a few hours of assistance makes all the difference.

An aging population and more people living with chronic conditions means more need for the support and specialized services ONE CARE delivers. We play a vital role in the health and quality of life for clients and provide peace of mind for caregivers.

Your Support Means So Much

Your financial gift will help to keep programs affordable and enhance the quality of life for those living in your community. Charitable Taxation Number: 13565 4184 RR0001

The Gift of Time – Volunteer

A donation of your time will enrich the lives of our clients and provide peace of mind for caregivers. Volunteers receive the full support they need for the important roles they provide.

Call today for more information!



1.877.502.8277

onecaresupport.ca

Box 222, 317 Huron Street, Clinton, ON N0M 1L0

United Way supports Meals on Wheels and Transportation programs
Community Support Services funded by SW LHIN



Bringing Independence Home



More to Offer.
More to Give.

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onecaresupport.ca



People want to be at home. That's where they heal the fastest. That's where they're at their best.

~ One Care Client



ONE CARE provides a range of services that enable seniors and people with disabilities to enjoy a good quality of life as they age at home.

If you or a loved one need a little help, call today for more details.

MAINTAIN YOUR HEALTH

Assisted Living

Available 24 hours in designated locations for individuals with significant needs for assistance with daily living.

Adult Day Programs

Activities to promote well-being through social and health related services including stroke rehabilitation.

Clinton | Exeter | Goderich | Grand Bend | Wingham

Meals on Wheels

Nutritious, affordable hot and frozen meals, delivered to your door.

Foot Care Nurses

Clinics in various communities for elderly and adults with disability, diabetes or chronic health issues. Provided by nurses certified in advanced foot care management.

Blood Pressure Clinics

CHAP (Cardiovascular Health Awareness Program), free blood pressure clinics held monthly in communities for older adults and those identified with or at risk for cardiovascular disease or other chronic diseases.

Wellness

Programs to take steps to change and improve your health through education and workshops, held in various communities.

Assessments & Care Guide

Coordinators can help determine which services best meet your needs.

Social Work

Support for family and personal issues through confidential counselling services in partnership with Family Services Perth Huron.

HELPING YOU AT HOME

In-Home Personal Support

Personal care is provided by certified Personal Support Workers. Services offered through CCAC and or may also be purchased privately.

Home Help

Help with household chores, errands, shopping, laundry and daily tasks.

Reassurance

Volunteer checks - regularly in person or by telephone to ensure all is well. Lifeline - an easy-to-use personal 24 hour emergency response service.

Home at Last (HAL)

Helps aging adults and those with special needs to settle in at home safely and comfortably after a stay in hospital.

Respite

Provides care when family needs a break. Overnight Respite available at Adult Day Centres for specific needs.

ACTIVE IN YOUR COMMUNITY

Dining/Social Programs

Hot meals and special events or activities help people to get together for good food and companionship.

Exercise

Community group or in-home exercise activities designed to increase physical strength, stamina and well being and reduce falls.

Transportation

Available for appointments, shopping, errands or social activities. Accessible vehicles and volunteer drivers. Service available 7 days per week. Booking Hours are Monday to Friday, 8:30 am – 4:00 pm.



Fees for some services apply. For full details and costs please call.

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Serving Huron and Perth Counties and Surrounding Area