

**CANES Community Care:**

# Help for Families Caring for an Elderly Person



*"Supporting seniors and adults with disabilities in the home and community"*

## CANES Community Care

is the new name for  
CANES Home Support Services

Our new office is located at:

**135 Queens Plate Drive,  
Ste. 400  
Etobicoke, Ont. M9W 6V1**



**Daneesh Panesar meets with Alvin Johnson, long-time Rexdale resident (Above).**

CANES Community Care provides support and counseling to seniors and their caregivers, as they face the issues of aging. Seniors often wish to remain in their own home or apartment for as long as possible but they and their families may face challenges coping as their physical abilities decline, or as they face some loss of memory. Seniors may become isolated, vulnerable, and at-risk.

Families and friends may become concerned when they see a senior not coping as well as before, or there may be a sudden change in the senior's health status. Often after a hospitalization, seniors and their families may need information and support to look into resources that are available, or have an understanding professional with whom to discuss their concerns.

CANES is pleased to introduce Ms. Daneesh Panesar, Co-ordinator of Caregiver Support and Counselling. The program provides individual support, advocacy, and resources, assisting with a variety of social and emotional issues. A social worker can provide assistance applying for housing or benefits/pensions, and may conduct therapeutic counseling for seniors or those who provide family caregiving to seniors. Both short-term and ongoing support may be available, depending on the needs of the individual. After receiving a call to discuss the issues, the co-ordinator may arrange to visit the senior or family members in their own home.

Daneesh will be offering the Caregiver Support Group series of workshops in the Autumn of 2008. Commencing on October 30, 2008, the group will run every Thursday evening from 7-9 pm at Thistleton Multiservice Centre, 925 Albion Road. A range of topics will be offered each week up to Dec. 4, 2008. This group is offered free of charge for family members and friends who are caregivers for senior individuals, and will be "closed" to new members after early November, to help ensure that members feel comfortable sharing in a confidential environment. Please call Daneesh for more information.

**Call 416-743-3892**



**Tristain Brathwaite:**  
Social Service Worker/Gerontology student at Seneca College participates in the program.



**Daneesh Panesar: Providing sensitive caregiver support and counseling for seniors and families.**



**Guy Robinson (Above):**  
Available to do free home safety audits.

### Caregiver Support Workshop Schedule

**Thistleton Multiservice Centre  
7 - 9 pm**

Nov. 6, 2008  
**Caregiver stress**

Nov. 13, 2008  
**Nutrition and aging**

Nov. 20, 2008  
**Choosing an elder care facility**

Nov. 27, 2008  
**Sleep and aging**

### New Free Service...

The Home Maintenance program now offers free home safety audits by our staff handyman, Guy Robinson.

Find out simple ways to make your home safe and "senior-friendly." Repairs can be carried out by CANES handyman at reasonable cost, or make arrangements with a repair service of your choice.

P.S. Call early to ask about snow shoveling this winter!

**For more information  
about our services,**

please visit our web site: [www.canes.on.ca](http://www.canes.on.ca)  
Click on "Services"

or call **416-743-3892**



United Way  
Member Agency