

Community Health Care



LIFE
TRANSITIONS
CREATIVE
CARE
SOLUTIONS

Home Support for Seniors

HomeCareSpecialists

"Think about a journey you've been on . . . How did you prepare?"



Let CCS be your Guide and Help you Pursue your Journey with meaning and purpose



CCS will help you find solutions while caring for a loved one and your home !

CCS will provide SENIOR CARE SOLUTIONS that will build a plan of care that makes sense for you. We work with your family, schedule and budget to reduce your stress and minimize costs.

Plan your journey with CCS. CALL 1-519-376-7396 or email gail@creative.on.ca

Personalized Services with Certified Caregivers/PSWs

CCS has been making a difference for over 20 years

Gail Acton founded CCS and wrote the premier program for Front Line Health Care Workers called PSWs.

CCS continues to train and certify Caregivers/Personal Support Workers ©, while providing leadership in the health care system with independent Certified Caregivers/Personal Support Workers©. An Association of these workers, under the National Association of Certified Caregivers/Personal Support Workers© (NACC PSW), delivers CLIENT CENTRED CARE with 5Cs of professional caregivers, COMPASSION, COMPETENCE, COMMITMENT, CARE, and CO-OPERATION

CCS COMBINES TRAINING THROUGH OUR ACADEMY, AND FRONT LINE HEALTH CARE SERVICES FROM OUR AGENCY, TO OFFER YOU SERVICE AND EXPERTISE

We offer Customized Packages with *Caregiver Home Support Program *Respite Care * Hospital Discharge Package *Special Needs Care for Alzheimer and Dementia *Parkinson's *Heart Disease and Stroke* Palliative Care *Weekly Food Plans *Shopping Assistance* Housekeeping *Companion Care *Personal Care *Nursing Care *Outings and Appointments *Home Safety *Nutrition and Meal Planning *Assessments and Monitoring *Choices and *Financial Assessment We offer products for nutrition, safety, interventions and support to enhance the quality of **Life Transitions**.

Continuing Care Services provides quality care while allowing the individual to maintain his/her own optimal level of functioning and individuality, and provide comfort and support for the client and family at the conclusion of life.



Transitions

Looking at the milestones and challenges a typical family member navigates in the care of a loved one, necessitates assistance from a Professional Planner who will ease the family stress and allow a smooth transition into various stages of ageing. Frank and informed discussions, that consider common challenges of a loved one's condition and coping strategies to live out your life, may delay and/or remove institutional care and the barriers and pitfalls of insufficient planning.

Communicating

The scope of questions to consider must include physical limitations, handling real estate sales, selecting living-in-place and end of life care. Inclusive of selecting facilities is a good assessment of financial limitations. Family communications build a financial and care plan that allows independence, and supports and validates your loved ones.

Validating Feelings for Seniors with Memory Loss -Memory Care

Caregivers of those with Alzheimer's disease, or other forms of memory loss, will often try to reorient, distract and redirect. None of these methods get to the needs of communication and having someone listen with empathy. At CCS our CPSWs are trained to validate, and CCS provides home caregiver techniques, to improve the communication and individual self-worth while removing anxiety for both parties.

Downsizing your lifestyle can be a Smooth Transition and Transitioning in AGEING can make the Golden Years more Golden.

CCS is committed to Helping Seniors through changing times.

CCS has been making a difference for over 20 years.

CCS Agency works with **CCS Academy** training and leadership of Caregivers and Personal Support Workers to create best practices, partnership, teamwork, ethical behaviour and creative innovation for retirement at home.

Our services are in co-operation with other community providers, and will help you through the maze of services available to you and your loved ones. We will find solutions to help you **AGE-IN-PLACE. We also have senior designed homes at www.ccsvillage.com**

Creative Care Solutions

Community and Home Support Care Services

RR#5 Owen Sound, ON N4K 5N7 CALL 519-376-7396 FAX 519-376-6772 creative.on.ca

CCS TIPS SAFETY IN THE HOME

Basic safety measures can go a long way toward making LIVING IN PLACE possible:

- Install grab bars in bathrooms and showers, and put raised seats on toilets.
- Turn down the water heater temperature to avoid scalding.
- Get rid of tripping hazards such as throw rugs and power cords.
- Put brighter bulbs into lamps, especially in walkways.
- Place no-slip adhesive strips on steps and slippery surfaces such as bath tile and shower floors.
- For falls a wearable alarm with a button to call for assistance.

**Call CCS for CARE you can count on.
1-519-376-7396; email gail@creative.on.ca to
put your plan in place today!**