



## 605: *Innovations in Supports for Seniors*

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Good Shepherd Non-Profit Homes



### Good Shepherd Services for Seniors

- Building a continuum of services
- Wellness Model
- Focus on the Good Shepherd Wellness Centre

The focus of the Wellness Centre is to assist individuals in acquiring the skills, resources and social connections that will allow them to meet their personal aspirations and more fully participate in the economic, social and/or cultural life of our community.

  - Three key elements
    - Assisted living neighbourhood hub
    - Senior's Activation and Maintenance Program
    - Community Partnerships



## A Continuum of Services – Part 1

- Good Shepherd Centre Hamilton
  - Emergency food, shelter and clothing
    - 5 emergency shelters (Men, Women, Victims of Violence, Youth, Family)
    - Marketplace (food, clothing, furniture, household items)
  - Transitional housing and supports
    - Transitional and 2nd Stage housing for women
    - Transitional residence for street involved youth
  - Palliative services
    - Hospice
    - Palliative Care Shared Care Outreach Team
  - Assisted Living Program



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## A Continuum of Services – Part 2

- Good Shepherd Non-Profit Homes
  - Supportive housing and housing with supports
    - 392 units owned
    - 435 through head leases
    - Management of 115 units
  - Community mental health program
    - Largest in the community
  - Good Shepherd Works
    - Social enterprise dedicated to finding meaningful work for residents/clients



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## Wellness Model

- Holistic approach that addresses:
  - Physical
  - Mental
  - Emotional
  - Social
  - Economic
  - Spiritual
- Located in Bishop Tonnos Seniors



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## Assisted living - Clients

- Up to 35 individuals living in the apartment building or the surrounding community
- They may have limited or inadequate community support systems and/or multiple Activity of Daily Living (ADL) needs which are vital to retaining independence and/or Instrumental Activity of Daily Living (IADL) deficiencies.
- The need for assistance is closely related to the presence of manageable multiple chronic conditions e.g. hypertension, arthritis, diabetes, chronic pain, congestive heart failure, speech pathology and aphasia issues, mental illness and substance abuse disorders, conditions that demonstrate frailty or cognitive impairment, frequent falls, complicated medication management and high use of health care resources.



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## Assisted Living - Supports

- Personal Support Services, including dressing, personal hygiene, assisting with mobility, assisting and monitoring medication use and other routine activities of living.
- Homemaking services are provided to assist routine household activities such as light housecleaning, laundry, meal preparation that are necessary to maintain people in their own residences. These services shall be available at all times (24/7) both on a scheduled and unscheduled basis.
- Security checks or reassurance services including regular contact with the client to determine they are not in crisis or at risk of harm. This service may be provided by a person visiting the client or by a regular telephone contact. These services will be available at all times (24/7) both on a scheduled and unscheduled basis.



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## S.A.M. Program

- The SAM Program is a day program for seniors and adults with diminished abilities (currently 30 individuals)
  - Improve physical fitness and general well-being
  - Reduce isolation and loneliness through the opportunity for social contact and interpersonal relations
  - Provide an adequate variety of activities to enhance or maintain mental and physical health
- Each day consists of a variety of activities that have been created to maintain and enhance the well-being of the participants/clients.



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## Community Partnerships

- Residents of the building
- West Hamilton Seniors Planning Group
- Hamilton Council on Aging
- Other Good Shepherd programs
- Other interested parties



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## Contact Information

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