

WoodGreen Community Services

Seniors' Care and Wellness



Aging is a journey that requires thoughtful and careful planning.

Our Seniors' Care and Wellness team is here to support seniors so they can thrive at home with dignity and independence.

"The members of our family are making incredible progress and thanks to WoodGreen, so is the family as a whole."

-WoodGreen Client

Central Intake Line:
416-572-3575



Opportunity made here.

Assisted Living Services

Personal Support Workers provide seniors living in social and community housing as well as residential buildings with personal care, security checks, light meal preparation, laundry, medication reminders and assistance, as well as household support.

Cluster Care

Personal Support Workers provide seniors living in group settings with personal care, security checks, light meal preparation, laundry, medication reminders and assistance, as well as household support. Our cluster care settings include a female-only residence, several Chinese-language residences, and several English-language residences.

Community Exercise

Instructors lead group exercises to help seniors and people with disabilities living in the community to stay healthy, active and independent.

Home at Last

Personal Support Workers help seniors leaving hospitals to arrive home safely and comfortably.

Home Maintenance

Students provide home maintenance support for seniors, including snow shoveling, lawn mowing, and light outdoor seasonal work.

Home Support

Personal Support Workers provide household support for seniors living at home.

Meals on Wheels

Volunteers deliver both hot and frozen meals to seniors while also checking on their safety.

Outreach to Diverse Seniors

Community Health Facilitators support community-based grassroots organizations by providing funding for projects that target outreach and support for diverse and marginalized seniors' groups.

Respite Care

Personal Support Workers provide relief to caregivers who support seniors in their home.

Right Place of Care

Personal Support Workers provide seniors living at home with personal care, security checks, light meal preparation and medication reminders.

Seniors Day Programs

Activations deliver recreational and therapeutic activities for older adults who are physically frail, socially isolated, have chronic health issues, memory loss and other cognitive impairments. On-site support services include nursing, foot care, behavioural response and personal care.

Seniors Active Living Centres

Coordinators and Volunteers arrange health promotion and wellness programs, educational workshops, congregate dining events, exercise and falls prevention classes, community engagement activities, cultural events, outings, and more to promote the social well-being of seniors.

Transportation

Drivers provide senior-friendly rides for those who are unable to use public transportation. Rides are available for seniors day programs, medical appointments as well as group shopping. Volunteers are also available to accompany seniors from home to medical appointments. Rides are delivered in partnership with Toronto Ride.

Visiting and Safety Services

Volunteers visit seniors for companionship and social support and check-in on seniors to support security and safety.

For more details, reach out to us today!

416-572-3575

Monday to Friday, 9:00am - 5:00pm

email: cccentralintake@woodgreen.org

By Mail or In Person

WoodGreen Community Services
815 Danforth Avenue, Main Floor, Toronto, ON M4J 1L2

woodgreen.org   

Toronto Seniors Helpline

416-217-2077

Monday to Friday: 9:00am - 8:00pm

Saturday, Sunday, Statutory Holidays:
10:00am - 6:00pm

