

Health and Wellness Philosophy

West Toronto Support Services (WTSS) as guided by our Mission, Vision and Core Values strives to help clients remain independent, offering a wide array of quality services to assist individuals maintain their current level of functioning in the community and home.

As a community support service we believe in a healthy community. Having supported the neighbourhoods of west Toronto for over 30 years and working with a variety of partners and individuals, we believe in its growth and future. This cannot be done without putting an emphasis on your health and wellness. By being a more active, healthy and happy contributor in the community, our aging population will face less challenges to their wellbeing.

Aging in the comfort and safety of your home is one key aspect of health and wellness. At WTSS, we will guide you through many of our services and those in the community to support the vision of all individuals, regardless of age, socioeconomic status or health, to become a more independent and engaged healthy individual.

WTSS is and will continue to be committed to quality improvements in our services, the community we serve and especially our clientele.

Supporting a pro-active healthy lifestyle is by far the simplest way to protect and maintain your health.

Aspects of WTSS Health and Wellness and how we address them are:

Physical

At WTSS, we will ensure you are connected to the appropriate Primary Care. Whether you need a family doctor or need information on local community services such as Foot Care, Dietician or Physiotherapy. Our close relationship with Community Health Centres also gives us early knowledge of health clinics that are happening in the west-end that offer flu shots, blood pressure checks, etc.

As part of your physical wellbeing, we also offer nutritional food, catered to your dietary needs and delivered to your front door. You may also choose to have us pick you up and bring you home from the grocery store.

If you're having some mobility challenges, you can use our Transportation service to get to your medical and social appointment.

Emotional

As a client or caregiver you will find relief in our Adult Day Service and Respite Care. We can help you and look after the one you care for through these excellent programs.

Our Case Management team also offers light counselling to guide you through appropriate decisions and help during difficult times. In some cases, where appropriate, we also work closely with LOFT and CAMH who provide specialized, community-based support services to vulnerable and at-risk seniors with complex challenges.

Environment

If you're finding the upkeep in your home is too much, we can offer some light housekeeping. Have one of our Personal Support Workers visit you and help – they can also do light meal preparation and bathing, if required. Keeping on top of one's home and belongings can often be a large task. If you need more than we can offer, we'll help connect you to someone else who can. A safe and comfortable environment is important to your wellness.

Active Living & Socialization

If you're feeling isolated or alone, you might be interested in our Friendly Visiting program – talk to someone on a regular basis and keep connected to the outside world. Or join us at one of our welcoming Community Dining sites – bring your friends or meet new ones and enjoy an affordable homemade lunch.

WTSS is also connected to several agencies in the west end who provide daily programming that includes fitness classes such as walking groups, yoga, and Zumba to name a few. We can show you where to go and what is offered. Keeping active and moving is important to independence. They also offer a variety of groups and classes to meet others, explore hobbies or learn new skills.

Connecting you to the Community

Being knowledgeable and knowing what services and opportunities are available will help you make informed decisions about your wellbeing. Aside from our knowledgeable Case Managers, we also offer health education presentations periodically in the community.

Our printed and online community newsletter also covers a wide variety of topics regarding our sector. Whether it is the latest presentation on financial management, falls prevention or local community event, you will likely have a selection of useful topics to read and places to consider.