



Helping you where you need it most

Compassionate and high-quality community programs and in-home services for older adults, adults with disabilities, and caregivers in the Etobicoke community and Greater Toronto Area.



VOLUNTEER WITH US

Volunteers are central to what we do. As a volunteer, your time and talents will help us impact more people by supporting our programs, services and fundraising initiatives.

Contact us to get involved

416-243-0127 ext. 505



48A Rosemount Ave.
York (Toronto), ON M9N 3B3



T: 416-243-0127
F: 416-243-7987



agency@esssupportservices.ca
www.esssupportservices.ca

ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.



Charitable Registration Number:
11896 5029 RR 0001



ESS
Support
Services



Caring for aging adults, in their homes and community, through programs that support well-being.

www.esssupportservices.ca





ADULT DAY PROGRAMS

Designed for older adults living with memory impairments and/or physical frailty. Spend the day connecting and socializing with peers in your community. Meals and planned activities that stimulate the mind and body are provided in a friendly and safe environment.

ASSISTED LIVING

Assistance with activities of daily living. Service available at select seniors' residence buildings in Etobicoke.

CAREGIVER SUPPORT GROUP

A compassionate and supportive network for caregivers to share experiences and learn useful tips about caregiving for someone with Alzheimer's disease or other memory impairments.

EXERCISE & FALLS PREVENTION

Fun, fit and social. Weekly exercise and falls prevention classes for adults ages 55+ of all levels and abilities.

H.E.A.R.T.S CAREGIVER PROGRAM

Supporting caregivers of adults with developmental disabilities with educational resources, wellness activities, services, and community networking opportunities.

IN-HOME RESPITE

Support at home including personal care, light homemaking, meal preparation, medication assistance, companionship, and escort to appointments.

OVERNIGHT RESPITE

Secure and comfortable overnight accommodation in our Caring Centre. Professional care for older adults who have a memory impairment, chronic illness or physical disability. Providing short-term respite for caregivers.

CONTACT US

416.243.0127

agency@esssupportservices.ca
www.esssupportservices.ca

SENIORS' LUNCH PROGRAM

A weekly social program for independent seniors to enjoy a well-balanced meal, recreational activities and building friendships.

TRANSPORTATION

Safe and affordable transportation to and from medical and non-emergency hospital appointments. Community programs, grocery trips and social outings.

TELEPHONE REASSURANCE

Volunteers offering conversational phone calls for older adults.



We're here to help.

Whether you need some assistance with independent living to remain comfortably in your own home, or you're a caregiver who could use extra support, we're here for you.