

# Growing 共同成長 Together



CHATS & Carefirst  
in York Region  
康齡長者社區服務中心及耆暉會  
約克區華語長者服務

## Services for Chinese Seniors in York Region 約克區華語長者服務

Community Home Assistance to Seniors &  
Carefirst Seniors & Community Services  
Association

康齡長者社區服務中心及耆暉會

### Services include:

- Respite Care Services / Caregiver Relief
- Home Help Service
- Transportation / Escort / Interpretation
- Wellness & Congregate Dining Program
- Information and Referral

### 服務範圍：

- 護老者紓緩 / 暫代護理服務
- 家務助理服務
- 交通接送 / 陪同 / 翻譯服務
- 安康活動及社區聚餐
- 查詢及轉介服務



**CHATS**  
Community  
Home Assistance  
To Seniors



**Carefirst**  
SENIORS & COMMUNITY SERVICES ASSOCIATION  
Since 1976

**護老者紓緩 / 暫代護理服務** 由專業護理員提供個人護理、家人紓緩服務，減輕家人照顧長者的壓力。

**家務助理服務** 為低收入長者提供津貼家務助理服務。

**交通接送 / 陪同 / 翻譯服務** 義工提供交通接送，陪同長者診症及提供翻譯服務。並附設有專線小巴往返商場及醫療中心。

**安康活動及社區聚餐** 為長者提供社交康樂機會，並透過不同類型的健康、教育主題，增強長者的保健及安康常識。附設交通接送。

**查詢及轉介服務** 為長者提供社區資源諮詢及服務轉介。

**Respite Care Services / Caregiver Relief**  
Personal assistance by a certified personal support worker to support or assist seniors with the daily activities of independent living, which allows a personal time-out for caregivers.

**Home Help Service** Light housekeeping service to meet seniors' personal needs. Affordable with subsidized rates geared to income level.

**Transportation / Escort / Interpretation**  
Volunteers to transport and escort seniors to medical and related appointments; interpretation is available upon request. Scheduled routes to shopping malls and medical buildings also available.

**Wellness & Congregate Dining Program**  
Congregate Dining Program with healthy and nutritious meals and special wellness or health-related theme at each program. Transportation is provided.

**Information and Referral** Provide information and linkages to community resources. Referrals to the appropriate agencies when necessary.



## Services for Chinese Seniors in York Region 約克區華語長者服務

Enquiries 查詢電話：

**905-771-3700**

*Accredited community services providers,  
culturally & language appropriate services,  
quality work*

鑑證機構 • 華語服務 • 優質保證