

# Sahara Senior Caregivers Support Day Program

Senior groups are held in-person and virtually.

## Senior Men's Groups

Wed: 11:00 AM - 2:00 PM

50 Sunny Meadow Blvd., Unit 109  
Brampton, ON L6R 0Y7

## Seniors Women's Groups

Mon: 11:00 AM - 2:00 PM

50 Sunny Meadow Blvd., Unit 109  
Brampton, ON L6R 0Y7

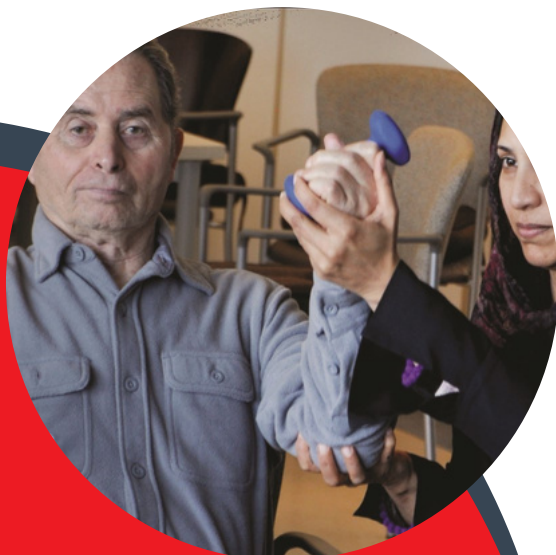
Fri: 12:00 PM - 3:00 PM

2980 Drew Road, Unit 241  
Mississauga, ON, L4T 0A7

## Senior Women and Men's Group

Thurs: 12:00 PM - 3:00 PM

45 Glen Hawthorne Drive  
Mississauga, ON L5R 4J9



## How to make a referral?

Individuals, family members, doctors or anyone can make a referral with client's consent.

Please contact us for a referral form and more information:

**Phone:** 905-677-0889

**Fax:** 1-855-326-7756

**Email:** info@pchs4u.com

Our in-person programs are offered at:

### PCHS Office Locations:

#### Head Office:

2980 Drew Road, Unit 241  
Mississauga, ON L4T 0A7

#### Brampton:

50 Sunny Meadow Blvd.  
Suite 201  
Brampton, ON L6R 0Y7

### Locations Coming in Fall 2022

Southfields Community Center  
225 Dougall Ave.  
Caledon, ON L7C 3M7

Community Door  
7700 Hurontario St., Unit 1300  
Brampton ON L6Y 4M3

60 West Drive,  
Suite 102 B & C  
Brampton, ON L6T 3T6



# Sahara Geriatrics Program

**pchs**   
Leading With Conviction And Courage



Our facilities are wheelchair accessible



We acknowledge the financial support from  
**Community Support Services/  
Ontario Health Central Region.**

Revised May, 2022



[www.pchs4u.com](http://www.pchs4u.com)  905-677-0889

Currently programs are offered in-person and virtually.

## What is Sahara Geriatrics Program?

Sahara Geriatrics Program strives to empower, support and educate seniors to improve their quality of life. We provide a number of programs that are culturally and linguistically appropriate. We also provide resources and education to promote healthy aging, physical independence and well-being. Our programs use a holistic approach by providing supportive counselling services to individuals and family members.



- Immediate Family
- Extended Family
- Friends
- Professionals

## Programs

### Integrated Seniors Team Program (IST)

The IST program is a partnership project with PCHS, SHIP (Services and Housing in the Province) and Peel Senior link. The IST program is designed to provide support to seniors and their caregivers who reside in the community. This program provides support and promotes independence, education and healthy aging.

The IST program serves frail seniors and those over the age of 55. We provide case management and PSW services, linkages and referrals, crisis management and caregiver support and supportive counselling. services are provided in English, Punjabi, Hindi and Urdu.

Clients must reside in Ontario Health Central Region area in order to receive services. Those out of the catchment area will be referred to the appropriate service provider.

IST program services are provided at NO COST to the clients

Our Values: Inclusion, Excellence, Accountability, Innovation

## Programs

### Behavioral Support Ontario (BSO)

BSO program caters to the needs of caregivers of older adults (55+) with cognitive impairments due to dementia, addictions or other neurological conditions. The BSO program is a collaboration between Punjabi Community Health Services and Indus Community Services.

### BSO Psychogeriatric Resource

Consultant provides the following services:

- Education - Providing sustainable education through formal and informal means.
- Consultation - Assessments and recommendations to support a senior's quality of life and minimize risk.
- Capacity development and Network Building - Facilitating linkages between agencies that provide healthcare, community and social services for seniors in their communities.

### Services Provided by Sahara Caregiver

#### Support & Respite Program (SCSRP):

- Health Education and awareness Workshops
- referrals and linkages to internal program and PCHS and external resources
- social engagement & recreational activities
- referrals are accepted through all sources (self, family, friends, or any other agency or service provider)
- Cost of \$1 per visit applies in the Day Group Program. Proceeds go towards day group equipment and activities (NO COST for Virtual groups)

#### Scope of Services:

- one-on-one supportive counselling
- Caregiver Support Workshops
- Educational sessions presentations in the community with existing groups
- Respite services for seniors to provide short-term relief to the caregivers

Services are offered to seniors and caregivers who are 55 years and over, and are able to support and manage their own and do not require continued supervision.

holistic culturally and linguistically appropriate approach to empower seniors to deal with issues of aging and to promote independence.