



REFERENCE GUIDE 2024



Providing daily support
to caregivers of
elderly loved ones



The option that allows seniors to stay at home !

- Hospital discharge
- Personal Care
- Meal Preparation

- Transport
- Companion Care
- Respite Care



Free evaluation meeting with no obligation!

www.alliancesante.ca

+450-486-4666



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Résidences Québec

Senior's Residences
Residence Advisors for seniors



You can count on the help of our advisors to support you in your search for a retirement home:

- **Meeting** at home or at the hospital to assess needs
- Inform about government financial assistance and **tax credits**
- Support for **visits to selected RPAs** (autonomous, with care, memory care);

Easily access our service at no cost

Residence Advisors are paid by the network of private senior's residences accredited by the ministère de la Santé et des Services sociaux du Québec.

Contact-us **514 996-2887**
or visit **residences-quebec.ca**

ACHQ
Quebec Association of
Lodging Consultants
FOR SENIORS

ABOUT THE REFERENCE GUIDE

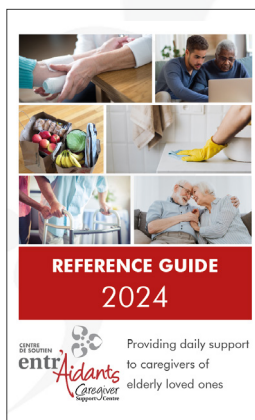
Please note that the resources and information contained in this guide are for information purposes only and may be subject to change.

Under no circumstances can the Centre de soutien entr'Aidants be held responsible for the quality of the services provided.

Please don't hesitate to share your experiences with the organizations and companies listed in the Reference Guide.

**TO ORDER MORE COPIES, PLEASE CONTACT US:
INFO@CENTREDESOUTIENENTRAIDANTS.COM OR 450-465-2520 #204**

AUSSI DISPONIBLE EN FRANÇAIS



Centre de soutien entr'Aidants
Charitable organisation no. 138201173RR0001

Address: 1688, Gustave-Désourdy St. Saint-Hubert (Québec) J4T 1Y6

Telephone: 450-465-2520 **Fax:** 450-465-2290

Email: info@centredesoutienentraidants.com

Website: www.CentredesoutienentrAidants.com

Update April 2024

COMPANIONSHIP AND PASTORAL HOME VISITS

Centre d'action bénévole de Saint-Hubert 450-656-9110
www.cab-saint-hubert.org/services/soutien-a-domicile

Companionship visits.

Centre de Bénévolat de la Rive-Sud of Saint-Lambert
450-465-6130
www.benevolatrivesud.qc.ca/aide-a-domicile/visites-et-telephones-d-amitie

Companionship visits.

Community workers who provide information about available resources, support and assist in various procedures. Free and confidential service.

Centre communautaire des aînés et aînées de Longueuil
www.ccaal.com

450-677-6677

Service of friendly dinners and/or visits

Most local churches and parishes provide companionship and pastoral home visits to the elderly who are unable to attend church services. Contact your parish for more information.

COMPANIONSHIP AND PASTORAL HOME VISITS

La Mosaïque

450-465-1803

www.lamosaique.org/anglais

Daily phone calls upon request.

Priority for the residents of Brossard, Greenfield Park, Saint-Lambert and LeMoyne.

Les Petits Frères de Longueuil

579-721-5115

www.petitsfreres.ca/en/programs/one-on-one-visits

Les Petits Frères' mission is to welcome people over 75 and help reduce their loneliness until the end of their days. Each senior is paired with a volunteer who visits regularly and helps them celebrate their birthdays and major holidays.

EQUIPMENT AND SPECIAL SERVICES

Centre d'action bénévole de Saint-Hubert

450-656-9110

www.devenezbenevole.org/services/familles-et-adultes

Loan of orthopedic equipment.

Integrated health and social services centre (CISSS) of

Montérégie-Centre

450-465-5180 # 0

<https://santemonteregie.qc.ca/en/services/home-support/home-support-ciiss-de-la-monteregie-centre>

In-take centre for home care services for seniors.

La Mosaïque

450-465-1803

www.lamosaique.org/anglais

Emergency help: food aid and adapted equipment when referred by the CLSC. Priority for the residents of Brossard, Greenfield Park, Saint-Lambert and LeMoyne.

EQUIPMENT AND SPECIAL SERVICES

Maison André Viger

450-465-7560

www.andreviger.com/en

Purchase or rental of orthopedic equipment.
Wheelchairs, hospital beds, home adaptations.

FOOD SHOPPING FROM A DISTANCE

Grocery stores in the area usually offer telephone or online ordering and delivery services. Ask your grocer for more information.

Aide chez soi Rive-Sud

450-679-2433

<https://www.cooprivesud.com>

(Website in French only)

Attendants run errands and go grocery shopping, whether it's for a full order or just a few items.

Advertisement on page 16.

HOME CARE SERVICES AND RESPITE

Aide chez soi Rive-Sud

450-679-2433

<https://www.cooprivesud.com>

(Website in French only)

Available 7 days a week, mornings, evenings, and nights, up to 7 hours per week. Flexible hours, minimum 3 hours per day over 12 weeks. Responsive supervision, safety, and security. In the case of individuals with a loss of autonomy, our attendants provide personal assistance: hygiene (washing, brushing teeth, and changing incontinence briefs), eating, dressing, personal care, etc.

Alliance Santé

1-844-486-4666

<https://alliancesante.ca/en>

Care management service by a nurse, personal care, in-home support, companionship service, nursing care, personal care attendant service for eligible beneficiaries, 24/7 service, costs are eligible for the Tax Credit for Home-Support for Seniors.

Advertisement on page 2.

Altomedic Division

514-303-0384

https://www.altomedic.ca/index_en.html

Healthcare solutions and management. A team of health professionals is available. Needs assessment, intervention plans, implementation of services and care. We offer direct communication with health network professionals and follow up with seniors and their families.

Amélys – Home Care Services

450-466-8444

www.amelys.ca/fr/amelys-en

Home support services. Respite for caregivers. A personalized, humane approach.

Advertisement on page 10.

Amika – Home Care and Assistance

514-543-4450

www.soinsamika.com/en

Consumer's Choice Winner 2023 and 2024 - Homecare services throughout the Montérégie region. Qualified and experienced personal care workers offer services tailored to the needs of seniors and their caregivers. Whether for domestic assistance, personal care or companionship, services are available 24/7, day and night, with flexible schedules and no long-term commitment. Prompt implementation of services is guaranteed, and each client benefits from a personalized pairing with the same personal care worker.

Baluchon - Long-term respite

514-762-2667

www.baluchonrepit.com

Long-term respite and support are available 24/7 at the cost of \$15 per day. Minimum 4 days, maximum 14 days.

Bien être à la maison

514-905-3669

(Well-being at home)

www.bienetrealamaison.com

24/7 nursing care management service. Home support, companionship, and certified homecare attendants.

Fees are eligible for the tax credit for homecare support for seniors.

Advertisement on page 32.

Centre de soutien entr'Aidants – Caregiver Support Centre

450-465-2520 # 204

www.centredesoutienentraidants.com/en

Free respite service is offered for 4 to 8 hours per week to caregivers living within the territory of the CISSS de la Montérégie-Centre, Champlain - Charles-Le Moyne. Trained attendants will provide respite care in the caregiver's home. Certain conditions apply.

Integrated health and social services centre (CISSS) of Montérégie-Centre

450-462-5180 # 0

<https://santemonteregie.qc.ca/en/services/home-support/home-support-ciiss-de-la-monteregie-centre>

Reception and in-home support. Contact a support worker.

Home Care Services



Respite for Caregivers



Home Support Services



Home Care Services

Hygiene care

Help with meals and medication

Help with mobility

Accompaniment and stimulation activities

Respite for Caregivers

Short and long term respite

Home Support Services

Housekeeping and heavy housework

Meal preparation

Help with errands



amelys.ca

450-466-8444

Humanika

514-324-8292

<https://humanika.humakare.ca/en>

Services are offered to seniors suffering from loss of autonomy, Alzheimer's disease, cognitive decline (dementia), Parkinson's, palliative care, or post-operative care. They include assistance with personal hygiene, medication, meal preparation, overnight supervision, cognitive stimulation, dressing, housekeeping, transportation to appointments or other outings, and respite for caregivers, from a few hours to 7 days a week or 24 hours a day. Rates are eligible for reimbursement by the Quebec government.

Santé Physio à domicile inc.

438-390-9586

www.santephysio.com

Offers physiotherapy, osteopathy, massage therapy, kinesiology, and occupational therapy in the comfort of your home. Treatment of pain, osteoarthritis, balance rehabilitation, fall prevention, post-surgery rehabilitation, vestibular rehabilitation, tinnitus migraine, digestive disorders, stress, and anxiety. Home adaptations, scooter or wheelchair requests. *Advertisement on this page.*

**No need for a
prescription!**



HEALTH PHYSIO AT HOME

📞 **438-390-9586**

✉ info@santephysio.com

🌐 www.santephysio.com

**Physiotherapy
Occupational therapy
Osteopathy Massage therapy**

Seniors Respite Monteregie

450-486-4722

www.seniorsrespitemonteregie.ca

Our mission is to enrich the quality of life for seniors and caregivers through specialized activities and respite services. All packages include activities, materials, and special events. In-home and in-residence support also available. Income tax receipts available upon request.

South Shore Alzheimer Society

450-442-3333

www.alzheimer.ca/rivesud/en

Private Respite: While the caregiver enjoys some free time, the companion stimulates the affected person with activities adapted to their personality and the stage of their illness while ensuring their safety. Provided by trained staff. Rate: \$30 per hour, in blocks of 4 or 8 hours.

The Home Care Team

450-923-3770

www.soinsadomicile-lequipe.ca/en

Home care assistance, transportation, accompaniment, meals, minor repairs, telephone assistance, overnight care, hairdresser, manicure, foot care, physiotherapy, and nursing etc. Fees vary according to services rendered.

l'équipe
SOINS À DOMICILE



Philippe J. Said
Directeur des opérations
450.923.3770

www.soinsadomicile-lequipe.ca

HOT OR FROZEN MEALS

Aide chez soi Rive-Sud

450-679-2433

<https://www.cooprivesud.com>

(Website in French only)

Single or large quantity meal preparation service at your home, according to your preferences.

No meal preparation for special diets. *Advertisement on page 16.*

Centre de Bénévolat de la Rive-Sud of Saint-Lambert

450-465-6130

www.benevolatrivesud.qc.ca/aide-a-domicile/popote-roulante

(Website in French only)

Hot and frozen meal service with home delivery at least twice a week. An average of \$6 per meal. For residents of Brossard, Saint-Lambert, Greenfield Park and LeMoyne.

La Petite Cuillère

450-748-4918

<https://www.lacroiseedelongueuil.qc.ca/petitecuillere>

(Website in French only)

A variety of healthy, frozen meals that meet the nutritional needs of seniors. Around \$7 per meal. Delivery on Tuesdays and Wednesdays (fees apply). Minimum purchase of \$35.

Meals on Wheels of Brossard

438-288-0422

<https://popoteroulante.tripod.com>

(Website in French only)

Delivery of a nutritious meal on Tuesdays and Thursdays to seniors or people with a loss of autonomy in Brossard. Cost of \$5 per meal.

Meals on Wheels of Greenfield Park

450-671-6000

www.popotes.org

(Website in French only)

Frozen meals at a cost of \$6. Delivery Wednesday. For Greenfield Park residents.

HOT OR FROZEN MEALS

Meals on Wheels of Saint-Hubert

450-656-9110

www.cab-saint-hubert.org/services/soutien-a-domicile

(Website in French only)

Fresh or frozen meal for \$5. Choice of soup or dessert for \$1. Delivery on Tuesdays and Thursdays. For Saint-Hubert residents aged 65 and over or meeting other eligibility criteria.

Meals on Wheels of Saint-Lambert

450-671-1891

www.popotes.org

(Website in French only)

Hot meals for \$5. Delivery Tuesdays and Thursdays. Must be referred by your CLSC or doctor.

HOUSING COUNSELLORS

Agence d'hébergement Doré

514-383-5201

www.agencedore.com/en

Health professionals specializing in housing for seniors: advice and support in the search for housing, needs assessment, targeted search for a residence, accompaniment, and support service. Also, offer psychosocial evaluation for homologation of a protection mandate and groups/conferences.

Logis Retraite

514-795-6447

<https://logisretraite.com/en/>

In addition to offering a complete directory of private residences in Quebec, Logis Retraite offers a free seniors residence orientation service.

Specialized counsellors will meet with you at home, discuss your project, identify residences that correspond to your needs and budget and accompany you on your visits.

This is a professional, worry-free service that is completely free of charge. *Advertisement on page 32.*

Find a Retirement Home

Free Private Retirement Home Transition Services for seniors.

Home Help Services

Our Home Help Services are available in the **greater Montreal area.**



36 years
of expertise
working with seniors



We are attentive
to your needs



Together, we will
find **THE** optimal
solution

 **1 888 847-2843**

 **visavie.com**

Visavie
Serving seniors **seniors** since 1988

Visavie: Retirement Homes and Home Care **450-857-3383**
www.visavie.com/en

Whether you're looking for a private retirement home (RPA) or home care for yourself or a loved one, we offer comprehensive, personalized support to help you make the right decision. Residential advisors and care assistants are available 24/7 to provide immediate assistance. *Advertisement on this page.*

Résidences Québec **514-996-2887**
www.residences-quebec.ca/en

Advertisement on page 3.

Amélys – Home Care Services

450-466-8444

www.amelys.ca/fr/amelys-en

Housekeeping and heavy housework, meal preparation, and help with errands. Amélys is accredited by the Régie de l'Assurance maladie du Québec. All clients aged 18 and over who receive housekeeping services can benefit from a reduced hourly rate.

Advertisement on page 10.

Aide chez soi rive-sud

450-679-2433

www.cooprivesud.com

(Website in French only)

Light and heavy housekeeping. Meal preparation (non-diet), help with groceries and other errands, in-home hairdressing, laundry, and assistance with daily living requirements. Respite for caregivers and food services in seniors' residences.

DO YOU NEED HELP ?

Coop Aide Chez Soi Rive-Sud is **THE reference** for home care services on the South Shore of Montreal.

We can help you!

OUR SERVICES

- Housekeeping
- Deep cleaning (wall and ceiling washing, windows, etc.)
- Meal preparation
- In-elderly residence catering
- Grocery shopping and errands
- Clothes washing and ironing
- Bathing and hygiene assistance
- Mobility assistance
- Respite for family caregivers
- Hairdressing



AIDE CHEZ SOI RIVE-SUD

Un pilier dans votre foyer

To request our services or to get more information,
please contact us at **450-679-2433 ext. 223**
79 Leblanc Ouest, Longueuil, QC J4J 1K1

211 Greater Montréal

211

www.211qc.ca/en

Service that quickly connects you with a qualified counsellor in case of non-urgent social needs to receive information and referrals to available community resources. Free and bilingual service is offered from 8 a.m. to 6 p.m.

ARC Assistance and Referral Centre

514-605-9500

www.arc-hss.ca

Facilitates access to programs and services in English for the English-speaking and allophone communities of the Montérégie region. These include professional workshops, caregiver support groups, post-caregiving/bereavement support groups, and weekly coffee get-togethers.

Advertisement on page 17.

Caregiver Support

1 855-852-7784

www.lappui.org/en/Find-resources/Caregiver-support

Caregiver Support is a free and confidential phone consultation, information, and referral service for caregivers, as well as friends and family, practitioners, and health care professionals. 7 days per week, from 8 a.m. to 8 p.m.

Centre communautaire des aînés et aînées de Longueuil

450-677-6677

www.ccaal.com

Psychosocial support services. Free, confidential service.

Offered in French only.



CAREGIVERS

Are you caring for a loved one with a complex illness? We have a community for you!



WORKSHOPS

Our interactive ReCharge Workshops cover important topics for caregivers with relevant medical information and strategies to care for yourself.

EXPERTISE

The ReCharge Team is made up of healthcare and psychosocial experts to offer you education and support.

SUPPORT

Find your community with our Caregiver Support Group and our new bereavement support program



OUR PROGRAM

We offer a variety of accessible workshops designed specifically for natural caregivers to give them the knowledge necessary to care for themselves while caring for their loved ones. It's a chance to learn, interact with fellow caregivers and develop new skills in a stimulating and supportive environment.

LEARN MORE ABOUT

Subjects covered:
Relevant medical topics for family caregivers: medication safety, infection prevention, heart attack, stroke, Alzheimer's disease and home safety to prevent falls.

Caregiver stress, depression and burnout.
How to set boundaries with family and make caring for yourself a priority.

Anticipatory grief and its impact on caregiving



Our programs for caregivers are made possible through funding from

Appui
proches aidants



(514) 608-9600



caregivers@arc-hss.ca



www.arc-hss.ca

Centre de crise L'Accès

450-679-8689

<https://www.santemonteregie.qc.ca/en/node/3095>

The Centre de crise l'Accès offers crisis support services through a team of specialized mental health workers who will help you restore your sense of balance. Telephone consultation service, 24/7, bilingual, free, and confidential.

Centre de soutien entr'Aidants

450-465-2520 # 204

<https://www.centredesoutienentraidants.com/en>

Confidential, bilingual listening, referral, and psychosocial support services, free of charge, are offered to caregivers of elderly loved ones. Monday to Friday, from 9 a.m. to 4 p.m.

Elder Mistreatment Helpline

1 888-489-2287

www.aideabusaines.ca/en

Hotline for seniors, 50 and over, living in an abusive situation, their loved ones, or any other person concerned that an elderly person may be experiencing abuse. Telephone intervention line, bilingual, free, and confidential, 7 days a week, from 8 a.m. to 8 p.m.

Inform'elle

450-443-3442

www.informelle.org

Inform'elle is an NPO whose mission is to make information on family law accessible and understandable. Its information, education and mediation services are available to the entire population.



NOS SERVICES

- Dîners amicaux
- Services d'accompagnement psychosocial
- Visites d'amitié
- Café amical
- Travailleurs de milieu
- Conférences d'information ou de divertissement
- Cinéma discussion

NOS ACTIVITÉS

- Cours divers : yoga sur chaise, zumba, QiGong, danse, tricots, etc.
- Ateliers : arts, mandalas et plus!
- Activités mieux-être dans son corps et dans sa tête : Les p'tits bonheurs, Active tes méninges, Vivre en équilibre, etc.
- Club de lecture
- Club de marche

Carte de membres 10 \$

ENVIE DE VOUS IMPLIQUER ET DE SEMER DU BONHEUR?

Devenez bénévole!

Nous avons toujours besoin de vos sourires et de vos connaissances, contactez-nous!

**Pour nous joindre
450 677-6677**



**Centre communautaire des aînés et aînées de Longueuil
300, rue Lamarre, Longueuil (QC) J4J 0A1
www.ccaal.com**

Info-Santé, Info-Social and Front-line Access Point **811**

www.quebec.ca/en/health/finding-a-resource/info-social-811

811 (option 1): Info-Santé for health advice

A service that allows you to speak to a nurse quickly in the event of a non-urgent health problem.

811 (option 2): Info-Social for psychosocial advice

A psychosocial worker offers advice for a psychosocial or mental health issue.

811 (option 3): Primary Care Access Point

This line is reserved for people who do not have a family doctor. A nurse offers recommendations for self-care at home and, if necessary, refers you to the most appropriate health professional (pharmacist, nurse, doctor, etc.).

Free, confidential, bilingual 24/7 telephone consultation service.

SOS Conjugal Violence **1 800-363-9010**

www.sosviolenceconjugale.ca/en

An organization which offers support services, evaluation, information, awareness raising, guidance and referrals to victims of conjugal violence and to anyone concerned by this problem. Telephone support service, 24/7, bilingual, free, and confidential.

Société Alzheimer Rive-Sud **450-442-3333**

www.societealzheimerivesud.ca/en

Telephone consultations, individual and family meetings.

Free service.

INFORMATION, LISTENING AND HELP LINES

Suicide Prevention Centre

1 866-277-3553

www.cpsquebec.ca/en

This crisis and suicide prevention centre offers listening and support to suicidal persons, their loved ones and those who have lost someone to suicide. Bilingual telephone consultation service 24/7 is free and confidential.

Tel-Aide Montréal

514-935-1101

www.telaidemontreal.org/en

Call centre for people suffering from mental health problems or simply needing to be listened to. Toll-free, confidential, anonymous, bilingual listening service, 7 days a week, from 7 a.m. to 11 p.m.

Tel-Écoute

514-493-4484

Tel-Aînés

514-353-2463

Ligne Le Deuil

1 888-533-3845

www.tel-ecoute.org

(Website in French only)

Free, anonymous, confidential telephone listening and referral service, available 7 days a week from 10 a.m. to 10 p.m. Intended for people who wish to break their isolation and express and/or vent their emotions.

- Tel-Écoute is for people between the ages of 18 and 59.
- Tel-Aînés is for people 60 years of age and older.
- Le Deuil helpline is a service for people who are grieving.

MEDICAL ALERT SYSTEMS

A resource booklet with more details about the companies offering medical alert services is available. Please contact us!

MEDICAL ALERT SYSTEMS

Lifeline Canada

1 855-328-8351

www.lifeline.ca

Proud partner of the Charles-Lemoyne Hospital Foundation. For FREE installation, please quote this code: 1428.

SÉCURICAB

450-679-5916 # 239

<https://www.benevolatrivesud.qc.ca/securicab>

(Website in French only)

Free automated call service for seniors who are alone, couples where one spouse has a health problem or a family member who is concerned about their parents' well-being but doesn't have time to call them every day.

MEDICAL ALERT SYSTEM

Lifeline



Lifeline in partnership with
Fondation Hôpital Charles-Lemoyne
1-855-328-8351

**Call today and receive
Free Activation & Free Shipping***

(Mention code 1428)

www.lifeline.ca

*Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Offer subject to a three-month term. Offer expires December 31, 2024.

MEDICAL ALERT SYSTEMS

Sécuré-Vie Canada

1 877-931-7843

www.secureviecanada.com

In case of a fall or malaise, simply pressing on a bracelet or pendant immediately establishes a bi-directional communication with the monitoring centre, where a specialist will contact emergency services and inform the family of the situation. Geolocation is available.

MOBILE LIBRARIES

Longueuil Public Library Network

450-463-7180

www.longueuil.quebec/fr/services/bibliotheques/services

Free home library service for people who cannot get around because of illness or disability. For the residents of Saint-Hubert and Vieux-Longueuil.



Contactez-nous

1-877-931-7843

Sécurité et Tranquillité d'esprit

pour vous et vos proches

- ✓ Bracelet d'urgence
- ✓ Détecteur automatique de chutes
- ✓ Système de détection de chutes avec géolocalisation

SÉCURÉ-VIE CANADA

Une entreprise québécoise de confiance,
à votre service depuis 14 ans

www.secureviecanada.com



PHARMACIES OFFERING HOME DELIVERY

Local pharmacies offer prescription renewals by phone or online and home delivery service. Contact your pharmacist.

RESPIRE OUTSIDE THE HOME

**Integrated health and social services centre (CISSS) of
Montréal-Centre - Day Centre** **450-462-5180 # 0**

www.santemonteregie.qc.ca/en/services/day-centre

The day centre provides group prevention and therapy activities for seniors and adults with a loss of autonomy. Information available from your CLSC.



**Receive the care you deserve
with Humanika**

Clientele

- Loss of autonomy
- Alzheimer, Parkinson
- Palliative care
- Post-surgery
- Physical disability

Our services

- Hygiene care, medication management
- Overnight surveillance
- Providing supportive companionship for appointments and outings
- Housekeeping, meal preparation and assistance

Our services are tailored to meet your needs, available from just a few hours to 24/7 care, 7 days a week.

 **HUMANIKA**
UNIVERSITÉ HUMAKARE

www.humanika.humakare.ca 514 324-8292, ext. 2

RESPIRE OUTSIDE THE HOME

Maison des Tournesols

450-445-9290

www.maisondestournesols.org

(Website in French only)

Journée Entr’Aînés: activities and lunch for seniors.

Respite: activities and lunch for people with cognitive impairment.

Maison Tournesols Mobile: referrals, assistance, and accompaniment.

Prepared meals: delivered frozen; each delivery includes 5 soups, 5 main dishes and 5 desserts for \$30.

Seniors Respite Monteregie

450-486-4722

www.seniorsrespitemonteregie.ca

Our mission is to enrich the quality of life for seniors and caregivers through specialized activities and respite services. All packages include activities, materials, and special events. In-home and in-residence support are also available. Income tax receipts are available upon request.

South Shore Alzheimer Society

450-442-3333

www.alzheimer.ca/rivesud/en

Day Centre – respite for caregivers. Cognitive stimulation adapted physical activities and creative workshops are on the schedule for each of these days. All these activities aim to ensure that the person with Alzheimer’s disease maintains their abilities. Schedule: One day per week, Monday to Friday, 10 a.m. to 3:30 p.m. by appointment.

TRANSPORTATION, ERRANDS AND MEDICAL VISITS

Centre d’action bénévole de Saint-Hubert

450-656-9110

www.cab-saint-hubert.org/services/soutien-a-domicile

Transportation for medical appointments for seniors aged 60 and over (\$0.50/km, for a minimum of \$5). Reservations are required 48 hours in advance.

Centre de Bénévolat de la Rive-Sud of Saint-Lambert

450-465-6130

<https://www.benevolatrivesud.qc.ca/aide-a-domicile/accompagnement-transport-medical-medical>

(Website in French only)

Transportation to and from medical or psychosocial appointments (\$0.50/km). Reservation 10 working days in advance.

La Mosaïque

450-465-1803

www.lamosaïque.org/anglais

Accompaniment service for medical appointments (\$0.52/km), blood tests (\$5 round trip), as well as for outings (\$10 for transportation and additional fee depending on the outing). Reservations must be made at least 48 hours in advance for medical transportation and 7 days in advance for outings.

Paratransit Service of Réseau de transport de Longueuil (RTL)

450-670-2992

www.rtl-longueuil.qc.ca/en-CA/rtl-paratransit-service

Dial extension #3 to obtain a registration form. Users are approved by the Eligibility Committee of the RTL following the standards of the Ministry of Transportation. Once you are a member, make your reservations by dialling extension #1 from 9 a.m. to 7 p.m. every day.

OTHER PROFESSIONAL HOME SERVICES

Aide chez soi Rive-Sud, hardressing

450-679-2433

<https://www.cooprivesud.com>

(Website in French only)

A complete in-home hairdressing service. Cuts, styling, colouring, men's cuts and beard trimming are offered. The stylist brings everything needed, including a portable sink for a comfortable hair wash.

Lyne Geoffrey, In-Home Barber

514-222-8128

Experienced hair stylist for men, with great attention to detail. Haircuts and beard trims.

COMMITTED... 30 YEARS - 30 PORTRAITS

Through 30 portraits, this exhibit traces the stories of the community that has gravitated around the Centre over the past 30 years.

Discover the reality of caregivers, but also that of volunteers and staff members.

Actress Joëlle Paré-Beaulieu is our spokesperson for the event.

Committed...

30 Years - 30 Portraits

All are devoted, involved and, above all, committed.

*A Travelling Exhibit on the
Realities of Caregiving*



JOËLLE PARÉ-BEAULIEU

Spokesperson

Photo: Andréanne Gauthier



CONSULT THE VIRTUAL VERSION OF THE EXHIBITION AT :
[ENGAGES.CENTREDESOUTIENENTRAIDANTS.COM/EN](https://engages.centredesoutienentraidants.com/en)



MISSION

Support caregivers by offering a range of services to help them take care of an elderly loved one while maintaining their own physical, psychological, and financial health.

TERRITORY

Brossard, Saint-Lambert and Longueuil boroughs of Greenfield Park, Saint-Hubert and Vieux-Longueuil
Le Moyne sector.

SERVICES

Listening, referral and psychosocial counselling services, support and self-help groups, workshops, assistance with procedures, information, and respite.

Our Reference Guide is updated annually and includes organizations and businesses that provide in-home and/or specialized services to caregivers and seniors.

Distributed in paper version, the guide is also available on our website and social media platforms!

www.centredesoutienentraidants.com/en

Bien être à la maison



Home support
◆————◆
company service

◆————◆
Personal care

◆————◆
Meal preparation

◆————◆
Hospital discharge

◆————◆
Transport and
Companion to medical
appointments, social
outings and shopping

A solution to preserve
your autonomy, meet
all your needs with a
service adapted to
your preferences



www.bienetrealamaison.com



514-905-3669



We help seniors find the residence best suited to their needs.

Support in 4 steps:

- 1** Home meeting and needs assessment
- 2** Search for residences and availability
- 3** Planning and accompaniment for the visits
- 4** Assistance with the signing of the lease



Our support service is completely free and will always remain so.

514 795 6447 | [logisretraite.com](https://www.logisretraite.com)