



COMMUNITY SUPPORT SERVICES

Practical help for seniors and
those who care for them

*"Thank you so much for all the care
you and your team have given my
uncle and aunt... It's been difficult at
times to be there for their many
needs. Your team has been so
helpful... you have been a godsend
to me."*

Have you ever wondered who to call when you need assistance?

We are a community based health
service provider offering a range of
supports to help seniors remain in their
home.

Our agency has been providing services
since 1975. We are here for you.

For more information, visit www.rfcs.ca
1020 Elizabeth Street
Sharbot Lake, ON
info@rfcs.ca
613-279-3151

PROGRAMS AND SERVICES

In-Home Respite - A Personal Support Worker will come to your home to care for and interact with your family member, giving you a much needed break.

Housekeeping - Our contracted workers will help keep your house the way you like.

Adult Day Programs - A day of social interaction and activities for seniors who need support throughout the day.

Lifeline - A 24-hour monitoring system that summons help in case of emergencies.

Foot Care - A registered nurse provides specialized and diabetic foot care at four area clinics: Ompah, Plevna, Sharbot Lake and Snow Road. Appointments required.

Diner's Club - A monthly catered noon meal and program takes place in Arden, Ompah/Plevna, Parham and Sharbot Lake. Call us to make your reservation.

Meals-On-Wheels - Hot noon-time meals delivered to your door twice a week. Frozen meals available upon request.

Transportation - Volunteer drivers take seniors to medical appointments, grocery shopping and other events as necessary.

*A fee is charged for these services.
Subsidies may be available.*