



## Jewish Child and Family Service

Suite C200 - 123 Doncaster Street  
Winnipeg, Manitoba R3N 2B2  
Ph: 204-477-7430 | Fax: 204-477-7450  
Email: [jcfs@jcfswinnipeg.org](mailto:jcfs@jcfswinnipeg.org)  
[www.jcfswinnipeg.org](http://www.jcfswinnipeg.org)

Jewish Child and Family Service is a social service agency that serves the needs of the Jewish community primarily, but not exclusively.

Older Adults Services | Holocaust Survivor Support Services | Individual and Family Counselling | Mental Health Services | Chaplaincy | Provincially Mandated Child Welfare | Foster Care and Adoption | Youth Maintenance | Settlement Services | Addictions Recovery Support Services | Volunteer Services | Financial Assistance (Asper Helping Hand Initiative)

Help support the meaningful work that JCFS does strengthening lives in our community and beyond.  
DONATE by calling the office or visiting our website:  
204-477-7430 | [www.jcfswinnipeg.org](http://www.jcfswinnipeg.org)

### Funded by:



Partner Agency of the  
Jewish Federation  
OF WINNIPEG



Claims Conference ועידת התביעות  
The Conference on Jewish Material Claims Against Germany



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



United Way  
Winnipeg



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
Caring for Health  
À l'écoute de notre santé



JEWISH CHILD AND FAMILY SERVICE

Strengthening Lives in Keeping with Jewish Values

## Older Adult Services



## VOLUNTEER SERVICES

One way to help others in our community is by volunteering your time.

We welcome you to join our amazing family of volunteers that strengthen the lives of individuals and families.

Contact the Manager of Volunteer Services at 204-477-7430 to find out how you can become involved.



JCFS **Older Adult Services (OAS)** offers specialized services to the Jewish elderly. It is designed to support, empower and advocate for older adults so they may continue to live independently in the community at an optimal level of psychological, social and physical functioning.

Every senior is unique and requires different services to enable them to continue to live a meaningful life out in the community. When an older person or their loved ones, feel that they need some help to continue to function independently, a JCFS social worker is available to meet with them to assess what services are required to empower and support them. Seniors can choose to involve their spouse and/or adult children in this process.

After meeting with the older adult to assess their needs, the JCFS social worker, in collaboration with the client and family, will develop an individual case plan. The worker will continue to provide support on an ongoing basis to ensure the goals are being met and appropriate supports are in place.

### **SUPPORT SERVICES FOR HOLOCAUST SURVIVORS:**

JCFS offers a variety of specialized services on an individual, group and community level.

- Individual and family counselling
- A drop-in group for socializing and making new friendships
- Public education, discussion groups and guest speakers
- Information and assistance with reparation issues, compensation claims and available support services.
- In-services and educational workshops for professionals
- Information regarding community resources

Support Services for Holocaust Survivors is generously supported by funds from



## **JCFS Older Adult Services (OAS) is here to Support, Empower and Advocate for you!**

### **HOW CAN OLDER ADULT SERVICES HELP?**

#### **INDIVIDUAL COUNSELLING:**

JCFS provides in-office or at-home supportive counselling sessions to help deal with issues such as grief and loss, illness, marital issues, intergenerational conflict, emotional and physical aspects of aging as well as the challenges of caregiving.

#### **INFORMATION AND REFERRAL:**

JCFS provides information and referrals regarding accessing services available in the community such as Home Care, meal services, recreational activities, and appropriate housing.

#### **VOLUNTEER SERVICES:**

JCFS connects seniors with community volunteers such as friendly visitors and grocery shoppers to provide additional support for isolated and confined seniors. The JCFS Accompanied Transportation service can assist seniors with getting to medical appointments for a nominal fee.

#### **SUPPORT GROUPS:**

Seniors can benefit from the understanding and support of others challenged by similar circumstances. The OAS worker may recommend that an elderly person participate in a support group. Past support groups have dealt with such topics as: dealing with grief and loss, living with cognitive impairment, empowering women and supporting care givers of older adults.

#### **ADVOCACY:**

JCFS social workers advocate on behalf of older adults to ensure they receive the services they're entitled to.

#### **OUTREACH:**

JCFS OAS social workers have specialized training in the field of gerontology. They are available for group presentations on a variety of aspects of aging and about the nature of the services provided by JCFS older adult services.

#### **AGING MENTAL HEALTH:**

JCFS provides specialized, cross-program services to clients requiring unique supports to address mental health needs along with issues related to aging.

#### **NEWCOMER SENIORS INTEGRATION SERVICES:**

Integration Services for senior newcomers include specialized programs to facilitate adjustment to life in Canada and to encourage independence through social activities, interest groups, learning opportunities and individualized supports as required.



We are located at the Asper Jewish Community Campus: C200-123 Doncaster Street.  
Please call our office at **204-477-7430** to book an appointment.