

# BETTER LIVING STARTS TODAY!



**BetterLiving**  
Health and Community Services

**Our Mission** — To support individuals in our community in maintaining their independence, enhancing their social well-being, and optimizing their overall health and wellness through the provision of a wide range of community support services and leisure opportunities.

**Our Vision** — Our Community will experience a ***BETTER quality of life.***



# Our Beliefs



**We believe  
in providing an  
exceptional Client  
experience.**



**We believe  
in the power of  
our people.**



**We believe  
in the strength  
of our community.**



**We believe  
in outstanding  
quality and innovation.**



**We believe  
in the generosity  
of our supporters.**

# Need help navigating all our programs and services?

**Since 1976, Better Living Health and Community Services has been delivering the following programs and services, in North York. Better Living is committed to our mission - helping adults and seniors, at all stages, experience a better quality of life!**

## **Adult Day Program**

For individuals managing the cognitive challenges of Alzheimer's, Dementia, Parkinson's, or Stroke, or who are frail and isolated, our Adult Day Program provides a day filled with mentally and physically stimulating activities geared to individual needs, in a safe environment.

## **Better Living Community Centre**

Our multi-purpose community centre offers a wide variety of fitness classes, travel opportunities, recreation and leisure activities, arts and culture programs, life-long learning courses, computer classes, social programs and special events.

## **Caregiver Support\***

To help keep Caregivers healthy, socially connected, and functioning well in their daily lives while grieving the loss of a loved one, providing care to someone who is at end of life, frail, or dealing with a long term illness, we provide a number of support groups, peer support groups, professional bereavement counselling and respite.

## **Community Fitness and Falls Prevention Classes\***

Our combination of strength and balance exercise classes offered throughout Toronto, help Clients stay healthy and active by increasing their general mobility, endurance, and balance.

## **Home Maintenance**

Indoor Maintenance and Repair and Outdoor Maintenance Services are provided to our Clients to help keep them safe while they live in their homes. Our services are available as a pay as you go, by seasonal contract, or we can provide you with a quote for a specific indoor or outdoor job.

**Call our HELP DESK at:  
(416) 447-7244, ext. 541**



## **Hospice Services\***

We support Clients at the end stages of life and their Caregivers by providing practical, physical and emotional support to maintain comfort and quality of life.

## **In-Home Services**

We provide services to support activities of daily living, and the social and safety needs of Clients who continue to live independently, in their home. We also provide respite for their Caregivers. An example of the services we provide includes: household cleaning, assistance with daily personal hygiene and companionship.

## **Meals and Grocery Delivery**

From Hot Meals, to Vegetable & Fruit Box collections delivered to the home, to Frozen Meals, to Grocery Delivery, our comprehensive Meals and Grocery Delivery program provides a variety of options to help individuals achieve an optimal level of nutritional health.

## **Social Work Services\***

Working with our Clients and their Caregivers, we ensure that our Clients have the services and support they require to manage complex or changing needs.

## **Transportation Services**

We offer a cost effective, easily accessible, and convenient community based transportation service for those who are unable to drive or have difficulty accessing public transportation.

## **Better Living at Thompson House**

Our Long Term Care home provides 24 hours of medical care, nursing, physiotherapy, recreation, social work, chaplaincy, hairdressing, housekeeping, laundry and food services.

**\*FREE** \_\_\_\_\_





## Better Living Health and Community Services

Better Living Health and Community Services has been delivering programs and services to support individuals to maintain their independence, while enhancing their social wellbeing, and optimizing their overall health and wellness since 1976. Whether it is a daily hot meal, transportation to medical appointments, help with housekeeping, or personal care support, our compassionate and dedicated staff and volunteers are committed to meeting the needs of our clients and their families.

## Better Living Charitable Foundation

The Better Living Charitable Foundation's - Commitment to Care - embodies the promise to CHANGE LIVES! And, in order to uphold the highest quality of programs and services delivered by Better Living Health and Community Services, to 6,700 clients, members and residents, Better Living depends on the generous support of individuals and businesses in our community. Funds raised by the Charitable Foundation are used to support Better Living Health and Community Services and Better Living at Thompson House.

Better Living Charitable Foundation offers a "CHOICE" on how YOU can make a difference! GIVE a Donation, leave a Legacy Gift, support our Direct Mail Appeal, sponsor or participate in one of our three signature Special Events, or make an In-Honor or In-Memorial Tribute for someone special.

***For more information, contact our Charitable Foundation at:  
foundation@betterlivinghealth.org  
(416) 447-7244, ext. 631***

## Better Living at Thompson House

Better Living at Thompson House is a 136 bed long term care home that provides semi-private accommodations for individuals who have complex medical or support needs. Our highly trained and caring staff provides 24 hour of medical care, nursing, physiotherapy, recreation, social work, chaplaincy, hairdressing, housekeeping, laundry and food services to our Residents.



# Volunteer with us and Make a Difference!

Better Living prides itself on the dedication and the countless hours our 500+ volunteers put in to supporting our organization and helping to create a lasting impact on the lives of the people we serve.

The generous hearts of our volunteers allow us to deliver essential services that promote dignity, independence, and quality of life for adults and seniors living in our community.

With over 30 rewarding volunteer opportunities for students, retired persons and business people, we work with our volunteers, matching their skills to a variety of volunteer opportunities.

***For more information, contact our volunteer department at:  
volunteerservices@betterlivinghealth.org  
(416) 447-7244, ext. 707***





## Is Here To Help YOU!

Our Team of Program Experts will help you effectively navigate the wide range of programs we offer, providing you with the right mix of services to meet your needs.



To connect with our Program Experts,  
please call our HELP DESK at:  
**(416) 447-7244, ext. 541**

1 Overland Drive, Toronto, Ontario M3C 2C3



[www.betterlivinghealth.org](http://www.betterlivinghealth.org)