

CSSS de Laval Users' Committee Inform You



CSSS de Laval
Users' Committee



Seniors and people with autonomy loss related to ageing services

65 year-old people and older constitute 13.8 % of Laval's population. CSSS de Laval thus offers many services to seniors and people with autonomy loss, their family and informal caregivers, such as:

- general health evaluation;
- advice on nutrition, exercise, healthy life practices and prevention of falls;
- home adaptation requirements assessment;
- nursing;
- psychological support;
- help with putting together mutual aid groups.

These services can be received at your CLSC, at home, in a readaptation unit and in a temporary or long-term care centre. Some services are also offered in collaboration with other community resources.

When home support services no longer meet the needs of a person with great loss of autonomy, a request

for a place in a residential and long-term care centre can be made with the assistance of the hospital or CLSC's social workers.

Day care centres

The day care centres are destined to seniors who still live at home and who wish to maintain their social skills and physical capacities. Usually located in

the residential centre, the day care centre accommodate, at least once a week, the people referred by the home support services. The activities usually extend over a day and aim to avoid social isolation, giving a rest to informal caregivers and stimulating physical autonomy. Individual evaluation is also available.

Information: 450 622-5110 ext. 4922

CSSS de Laval users' committee representative for the people with autonomy loss related to ageing program:

Mrs Nicole Marcelais

For any concern or inquiry, don't hesitate to contact us.

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