



## ABOUT US

A not-for-profit, charitable organization offering community support services and programs to seniors and adults with disabilities living independently in Ottawa's West End.

## OUR MISSION

Empowering older adults and people with physical disabilities to maintain their independence through advocacy, referral and support services.

## HOURS OF OPERATION

Monday- Friday 9am-4pm  
Summer Hours: 9am-3pm

Charitable Registration  
# 1 0 7 7 9 4 0 0 0 R R 0 0 0 1

## PROGRAM AND SERVICE RATES

### DAY PROGRAM: \$20

\$10 Transportation (round trip)

### LUNCHEON PROGRAM: \$15

\$12 Transportation (round trip)

### FOOT CARE:

\$40 Initial Appointment

\$28 Ongoing Appointments

\$10 Transportation (round trip)

### TRANSPORTATION SERVICES:

#### Medical Drives

\$12 Return (1-20 Km)

\$17 Return (21-40Km)

\$25 Return (over 40km)

*\*Check website for catchment area.*

**Shopping Van** \$12 (Return)

### RECREATION:

#### Fitness/Social/ Creative

\$40/Month (in-person & virtual)

\$32/Month (virtual only)

### HOME SUPPORT SERVICES:

#### Home Help

\$30 Per Hour (2 hour minimum)

#### Home Maintenance

\$30 Per Hour (1 hour minimum)  
with 30-minute increments thereafter

#### Grocery Support

Online ordering support and delivery \$10

#### Snow Removal

\$25 Per Hour (1 hour minimum)  
with 30-minute increments thereafter



A Member of the Champlain  
Community Support Network



Helping seniors and adults with physical disabilities live and age well at home and in their community.

2730 Carling Avenue, Ottawa, ON K2B 7J1  
613-829-9777 • info@oldeforge.ca

[www.oldeforge.ca](http://www.oldeforge.ca)

# PROGRAMS AND SERVICES

## Adult Day Program

Serving frail seniors and those with cognitive impairments, ADP offers clients a day full of stimulating programming along with a nutritious hot meal. A virtual program has also been added to further support seniors.

## Foot Care

Professional Foot Care Nurses assess the overall health of a client's lower legs and feet and provide treatment and preventative care.

## Friendly Telephone Chats

Volunteers call homebound clients to check on their well-being and provide an opportunity to socialize. Free

## Home Help

A customizable house-keeping service, designed to help clients live independently in their community.

## Home Maintenance

A home and yard maintenance service. Services may include: lawn and garden care, small home repairs and maintenance or other odd jobs.

## Luncheon Program

Meet new friends and enjoy a hot lunch with live entertainment at this weekly social program. Transportation is available.

## Grocery Program

**Grocery Support:** Clients can call or email us their grocery list. Grocery orders are filled weekly by Olde Forge volunteers and delivered directly to the client's door!

**Grocery Bus:** Serving clients living in high-rise apartments in our catchment. Clients are picked up at their building in an air conditioned mini-bus with wheelchair accessibility. Staff and volunteers assist on the bus and in the store (when needed) and load and unload the groceries.

## Snow Removal

Snow Go & Snow Go-Assist- A matching service that helps seniors and adults with disabilities hire someone to clear snow from private driveways and walkways. Financial assistance is available (funded by the City of Ottawa) to eligible low-income seniors. Funding is limited.

## Transportation

**Medical Drives:** Round trip transportation to non-urgent appointments. Clients must be registered and provide 7days notice for requests.

**Community Shopping Van:** The community van travels weekly to local shopping districts. This is a round trip service.

## Income Tax

A FREE income tax filing service for seniors on restricted incomes. This service runs from February-April and is Ottawa wide.

## Recreation

Barrier-free, low-cost recreational programs supporting total health and well-being. Programs include:

- Physical Fitness
- Social Programs
- Educational/Special Interest Workshops

Programs are available in virtual and in-person formats. A complete activity calendar is available on our website or by calling the Olde Forge.

## Technology Services

**RISE - (Reaching Isolated Seniors with Electronics):** Virtual programs that help clients stay connected and improve physical, emotional, and mental health through access to interactive virtual activities.

### Additional services include:

#### - A Tablet Lending Service:

Each device comes with a protective case, technology support and training (if required). FREE

- **A One-on-One Volunteer Technology Support Program:** Help seniors gain confidence with technology. FREE