

# SINAI CARE PROGRAM

Where care feels like family - serving our loved ones with dignity and respect



## OFFERING RELIABLE FAMILY ORIENTED SERVICES:

- ✓ LIVE-IN CAREGIVERS
- ✓ COMPANIONSHIP
- ✓ PERSONAL CARE

FOR MORE INFORMATION CONTACT  
(437)-228-4242 / (416) 560-7934



## WHO WE ARE

In today's fast-paced world, finding the right care for our loved ones can be challenging. As the population ages and the need for specialized care increases, private home healthcare services have become an essential solution for many families. These services offer personalized and compassionate care, allowing individuals to maintain their independence and quality of life within the comfort of their own homes.

At Mount Sinai Home Healthcare Services, we understand the importance of dignity, respect, and tailored support. Our Sinai Care Program is designed to ensure your loved ones receive the highest standard of care they deserve – right at home.

Our team is comprised of over 400 dedicated professionals, including:

- Personal Support Workers
- Registered Practical Nurses
- Registered Nurses
- Developmental Service Workers
- Social Workers



From the moment we engaged with Mount Sinai Healthcare, their exceptional care and professionalism exceeded our expectations. They consistently responded promptly to our needs, addressing our concerns with efficiency and compassion. Their commitment to providing outstanding care has profoundly improved our lives, and we are deeply grateful to them."

– Wale Family

## HIGHLY EXPERIENCED IN WORKING WITH:

- seniors with or without dementia or Alzheimer's
- Individuals with physical disabilities
- Individuals with developmental disabilities such as learning disabilities, down syndrome, and autism
- Individuals with mental illness and/or addiction issues

## HOW WE CAN HELP:

At Mount Sinai Home Healthcare Services, we understand the unique challenges that individuals and their families face when it comes to personal care and daily living. Our services are designed to provide the necessary support, enabling our clients to maintain their independence and quality of life. Whether it's assistance with daily activities, companionship, or specialized care for those with physical or cognitive disabilities, our team is here to help. We strive to create a supportive and nurturing environment that promotes well-being and peace of mind for both our clients and their families.



We have had the pleasure of having our regular PSW assigned to Robert for years. Her unwavering reliability and exceptional professionalism have been a constant source of comfort for our family. We highly recommend Mount Sinai for their outstanding care and dedication."

- Johnstone Family

## SERVICES:

We offer a range of medical and non-medical care services, from hourly assistance to 24-hour live-in care.

**PERSONAL CARE:** Assistance with bathing, grooming, dressing, and other daily personal hygiene tasks.

**COMPANIONSHIP:** Providing social interaction & support, helping to reduce feelings of loneliness & isolation.

**LIVE-IN CAREGIVERS:** 24/7 care and support for those who need continuous assistance.

**MEDICAL AND NON-MEDICAL SERVICES:** From medication management to meal preparation, our team ensures all aspects of our clients' well-being are taken care of.

**SPECIALIZED CARE:** Tailored care plans for individuals with dementia, Alzheimer's, physical disabilities, developmental disabilities, and mental health issues.

**FAMILY-ORIENTED SERVICE:** We involve family members in the care process to ensure that all needs and preferences are met.

## COMPANIONSHIP

Our Companionship service offers clients a compassionate caregiver who assists with daily tasks, providing both practical help and friendly companionship. Services include, but are not limited to:

- Outings such as going to the mall, festival, concert or community event
- Physical activities
- Religious services
- Attending appointments such as doctors or hair salon
- Shopping
- Groceries
- Medication reminders
- Light gardening
- Going for leisurely walks
- Walking the dog
- Family events

## PERSONAL CARE, MEAL PREPARATION & HOMEMAKING

"Our personal care, meal preparation and homemaking services offers necessary assistance across a range of activities, while becoming a trusted part of the individual's support system. Services include:"

### Personal Care

- Bathing and personal hygiene
- Personal grooming and getting dressed
- Hair care & Skin care
- Oral hygiene (brushing, flossing and denture care)
- Ambulation, assistance and transfers with or without mechanical aids
- Range-of-motion exercises
- Assistance with medications

### Meal Preparation

- Menu planning
- Preparing well-balanced meals
- Creating a grocery list
- Setting up a dining environment
- Shopping for groceries

### Homemaking

- Laundry
- Washing
- Dishes
- Tidying up
- Vacuuming
- Bed making

## TOTAL/NURSING CARE, 24/7 CARE, AND PALLIATIVE CARE

Each client receives a personalized care plan, collaboratively developed by our team manager, the client, and their family. Regular check-ins ensure everything runs smoothly and adjustments can be made as needed.

### Total / Nursing Care

- Assessment and care planning
- Administering medication
- Pain and symptom management
- Post-surgical care
- Wound care management – changing dressings
- Management of enteral feedings
- Client health education
- Chemo insertion and disconnect
- Chest Pleural drainage

### 24/7 Care

- Companionship
- Homemaking
- Personal care
- Nursing care
- Medication management and reminders
- Dementia care & addiction treatment

### Palliative Care

- Nursing care coordination and consultation
- Pain control and medication management
- Managing symptoms such as nausea and vomiting
- Assistance with personal care such as bathing

## TOP REASONS TO CHOOSE THE SINAI CARE PROGRAM:

- We collaborate with family representatives to ensure exceptional service.
- We provide a quick 24-hour assessment.
- Flexible payment plan options.

## CONTACT US

📞 (437)-228-4242 / (416) 560-7934

✉️ [sinaicare@mountsinaihhealthcare.com](mailto:sinaicare@mountsinaihhealthcare.com)

🌐 [www.mountsinaihhealthcare.com](http://www.mountsinaihhealthcare.com)

📍 91 HAIST AVENUE, UNIT #2, WOODBRIDGE, ON L4L 5V5

