

Latvian-Canadian Seniors at Risk Outreach Program.

„KĻAVAS LAPA”

- Have you reached your “Golden years”?
- Are you at the point in your life where you could use some assistance and support to continue to live independently in your own home?
- Do you know of any Latvian Seniors who may need help?
- Would you like to volunteer to help others?

If so, we would like to inform you about „Kļavas lapa” a project developed to address the needs of Latvian seniors, who require some assistance to continue to live independently in their own home. The project will work to identify those at risk and to create a data base of those requiring assistance and connect them and their families with assistance and services. The project organizing committee includes all Latvian organisations in the Toronto area that provide assistance to seniors, including all the congregations, the Latvian Relief Society, the Latvian National Federation in Canada and Kristus Darzs Latvian Home.

We wish to thank the project initiators St. Andrews Latvian Lutheran Church, and Woodgreen Community services for funding and Kristus Darzs Latvian Home for its mentorship.

For further information please call 905-832-1929
or send your information or request to, E-mail
klavulapa@gmail.com

As „Kļavas lapa” is now only in the beginning stages we are gathering information to determine those Latvians who are at risk in our community. We are planning to set up a data base of individuals who need community help or may need help in the future. Please assist us by answering this questionnaire.

If you are experiencing difficulties in managing daily chores and personal care, would you benefit from transportation assistance to:

	Yes	No	Maybe
a. a grocery store	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. the doctor’s office, or other health care practitioners	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. the bank	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. the post office	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. the hairdresser	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. various cultural events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Are you able to pay a small fee for this service?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Would you benefit from caregiver or nurse services which you could reach by phone, in the case of illness, or if you need to be in contact with a medical professional?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Would you benefit from the services of the following

a. help with daily housekeeping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. help with yard work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. help with meals, either preparation or delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. help with your daily living activities such as personal care, hygiene, dressing, and daily exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

At the present time these services are not readily available to the Latvian community.

If you are interested in providing care, or know of someone who could benefit from personal care then please feel free to call the direct line at “Kristus Darzs” at 905-832-1929 or Email at klavulapa@gmail.com

“Kļavas lapa”
c/o St. Andrews Latvian Church
383 Jarvis street
Toronto, Ontario M5B-2C7

Yes ! I would like to receive help from „Kļavas lapa” .
 Yes ! I would like to volunteer with „ Kļavas lapa”

Name _____

Address _____

Telephone _____

E-mail _____

Comments : _____

