

We are registered social workers with over 25 years of experience working with individuals and families.

We specialize in geriatric mental health and have worked collaboratively with, hospitals, community health organizations, long term care homes and retirement communities.

We offer expertise in crisis prevention, care coordination, and geriatric education.

We are passionate about our clients and will work hard to achieve your transition needs.

Let us help.



Bridging for Seniors

To learn more about Bridging for Seniors or to arrange a free phone consultation contact:

647-498-3159

or

contact@bridgingforseniors.ca

Family members, retirement communities and health care providers are welcome to contact us with any questions.

Our services may be covered by your private insurance company or extended health benefits.

Visit us

www.bridgingforseniors.ca



Bridging for Seniors



We provide the assessment, counselling, and practical support needed to bridge seniors from your home to your new retirement community.

We work with individuals and families at any point of your journey, even if you decide to remain at home.

We provide guidance and support every step of the way and take the stress out of planning your next chapter.

Let us help.

Are you a senior wondering if it's time to move to a retirement community?

Is making the decision to stay at home or move overwhelming?



Are you struggling with daily tasks of taking care of a home?

Do you need help discussing these difficult questions with family members?

Have you decided to move but need help with practical and emotional support?

Let us help
[647-498-3159](tel:647-498-3159)

Individualized Assessment

- Readiness for change assessments
- Safety assessments

Individual and Family Counselling

- Address emotional barriers
- Grief and loss
- Family mediation and education
- Facilitation of decision making process

Practical Support

- Research and set up tours at retirement communities
- Assist with application and documentation
- Referrals for decluttering services, estate planning and movers

Bridging to Retirement Community

- Follow up visits during transition to build connections in your new community

Are you worried about your loved one living alone and need help assessing readiness to move into a retirement community?

Is it time for your loved one to consider supportive care, but you don't know where to begin?



Do you need assistance in making difficult decisions with your loved one?

Has your family member chosen a retirement home but is worried about the anxiety or adjustment period once they arrive?

Learn more
www.bridgingforseniors.ca