

Sahara Senior Caregivers Support Day Program

Monday:

Women's Group: 12:00PM - 2:00PM
Southfields Community Centre

Women's Group: 11:00AM - 1:00PM
60 West Drive, Unit 101, Brampton

Achievers Group: 10:00AM-11:00AM
16 John St, Brampton

Tuesday:

Peer Led Seniors Group: 11:00AM - 1:00PM
60 West Drive, Unit 101, Brampton

Wednesday:

Men's Group: 11:00AM - 1:00PM
60 West Drive, Unit 101, Brampton

Credit Villa Seniors Group: 10:30AM - 12:00PM
Creditvale Mills Family Building
1555 South Parade Court, Mississauga

Thursday:

Mississauga Group: 12:00PM - 3:00PM
310 Bristol Rd, Mississauga

Co-ed Group: 10:00AM - 11:00AM
Virtual

Friday:

Peer Led Seniors Group: 11:00AM - 1:00PM
60 West Drive, Unit 101, Brampton

Women's Group: 12:00PM - 2:00PM
2980 Drew Rd, Unit 245, Mississauga

How to make a referral?

Individuals, family members, doctors or anyone can make a referral with client's consent.

Please contact us for a referral form and more information:

Phone: 905-677-0889

Fax: 1-855-326-7756

Email: info@pchs4u.com

PCHS Head Office:

2980 Drew Road, Unit 241
Mississauga, ON L4T 0A7

PCHS provides services in the Peel Region and surrounding areas.



Sahara Geriatrics Program

pchs
Punjabi Community Health Services



Our facilities are
wheelchair accessible



www.pchs4u.com



905-677-0889

Funded by: Ontario Health
Revised April 2025

Programs are delivered both in-person and virtually

What is Sahara Geriatrics Program?

Sahara Geriatrics Program strives to empower, support and educate seniors to improve their quality of life. We provide a number of programs that are culturally and linguistically responsive. We also provide resources and education to promote healthy aging, physical independence and well-being. Our programs use a holistic approach by providing supportive counselling services to individuals and family members.



Services Provided by Sahara Caregiver Support Program (SCSP):

- Health education and awareness workshops.
- Referrals and linkages to internal programs at PCHS and external resources.
- Social engagement & recreational activities.
- Referrals are accepted through all sources (self, family, friends, or any other agency or service provider.
- Cost of \$1 per visit applies in the Day Group Program. Proceeds go towards day group equipment and activities (**NO COST** for virtual groups).

Scope of Services:

- One-on-one supportive counselling.
- Senior Caregiver Support Workshops.
- Educational sessions in the community with existing groups.
- Respite services for seniors to provide short- term relief to the caregivers.
- Day and Night Respite Services

Services are provided to seniors and who are 55 years of age and above and caregivers who are 18 years of age and above, who reside in the Central West Region. The seniors served in the day group program are able to maintain a formal level of independence.



Decision Making

- Immediate Family
- Extended Family
- Friends
- Professionals

Programs

Integrated Seniors Team Program (IST)

The IST program is a partnership project with PCHS, SHIP (Services and Housing in the Province) and Peel Senior link. The IST program is designed to provide support to seniors and their caregivers who reside in the community. This program provides support and promotes independence, education and healthy aging.

The IST program serves frail seniors and those over the age of 55. We provide case management and PSW services, linkages and referrals, crisis management and caregiver support and supportive counselling. services are provided in English, Punjabi, Hindi and Urdu.

Clients must reside in Ontario Health Central Region area in order to receive services. Those out of the catchment area will be referred to the respective service providers in their regions.

The IST program services are provided at NO COST to the clients.

Our Values: Inclusion, Excellence, Accountability, Innovation

Programs

Behavioral Support Ontario (BSO)

BSO program caters to the needs of caregivers of older adults (55+) with cognitive impairments due to dementia, addictions or other neurological conditions. The BSO program is a collaboration between Punjabi Community Health Services and Indus Community Services. Clients must reside in the Central West Region to receive services.

BSO Psychogeriatric Resource Consultant provides the following services:

- Education - Providing sustainable education through formal and informal means.
- Consultation - Assessments and recommendations to support a senior's quality of life and minimize risk.
- Capacity development and Network Building - Facilitating linkages between agencies that provide healthcare, community and social services for seniors in their communities.

holistic culturally and linguistically responsive approach to empower seniors to deal with issues of aging and to promote independence.