

## ***London Middlesex Community Support Services Central Intake***

As the Lead Agency in London and Middlesex, Cheshire provides a Central Intake for individuals to access Community Support Services. The Central Intake Team is able to assess and link individuals to the services provided by 20 community support organizations across London and Middlesex. Clients and caregivers will be able to inquire and register for multiple community support services with just one phone call avoiding the need to repeat their story to each organization individually.

### ***What is Community Support Services in London and Middlesex?***

We focus on promoting independent living through prevention, early intervention, self-management, health and well-being services for older adults 55+, persons with disabilities, brain injury, or dementia. Community Support Providers in London and Middlesex work together to deliver the services that assist individuals in their day-to-day living.

Some of the services that Central Intake can assist with include:

- **Meals and Nutrition** – includes: Community Dining; Hot, Fresh or Frozen Meals on Wheels
- **Education and Supports** – includes: Adult Day Program; Individual and Group Support; Education; Information and System Navigation, Caregiver Support
- **Safety and Reassurance** – includes: Visiting & Telephone Reassurance; Education & Behavioural Supports; Support on Hospital Discharge; Personal Emergency Response System; Shopping Services
- **Health and Wellness** – includes: Social Programs; Group Fitness; Self-Management; Bathing; Health and Education; Falls Prevention; Medication Management Supports; Counselling and Social Work Supports
- **Support in the Home** – includes: Personal Support; House Keeping; In-Home Meal Preparation; In-Home Exercise; Respite; Caregiver Relief
- **Transportation** – includes: Medical; Social; Errands; Escorts
- **Intensive Support Programs** – includes: Assisted Living; Adult Day Programs; Overnight and Day Respite; Supportive Housing, WrapAround for Seniors
- **Specialized Services** – includes: Memory Loss/Dementia; Acquired Brain Injury; Adults with Developmental Disability

Anyone interested in finding out more information or wanting to register for any community supports can call Central Intake and an Intake Coordinator will help to facilitate referrals to the organizations you may be interested in. The office hours are Monday to Friday, 8:30 am to 4:30 pm. The Central Intake phone number is 519-673-6617, ext. 291.

If you would prefer to register online for some community supports then you can complete and submit a referral to Central Intake by using the new web form located on the Cheshire website at the following link:  
<https://www.cheshirelondon.ca/resources/london-middlesex-community-support-services-referral-form/>