



# SENIORS SOCIAL ISOLATION PROJECT: Newcomer Connections for Senior Caregivers

Help us reduce social isolation among  
newcomer senior caregivers!

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North York  
Community  
House

## Who we are:

Newcomer Connections for Senior Caregivers (NCSC), is a project of North York Community House (NYCH). For over 25 years, NYCH has been serving the residents in northwest Toronto by offering innovative programs and services that help build strong, vibrant communities. In 2015, NYCH partnered with Mount Sinai Hospital/The Reitman Centre, Canadian Mental Health Association, Alzheimer's Society of Toronto, and WoodGreen Community Services, to form ENRICHES: Engagement to Reduce Isolation of Caregivers at Home and Enhancing Seniors.

## What NCSC will do:

NCSC will identify and engage senior caregivers in northwest Toronto\* who are at a high risk for social isolation due to language and cultural barriers. We will connect newcomer seniors to peer mentors and youth volunteers to provide information and support in the caregivers' own languages and provide direct services both in the community and at home.

## How you can be involved:

Community partners (e.g. ethno-cultural agencies, social service organizations, places of worship and community health centres or professionals) can participate and benefit in various ways:

- 1 Share resources, build capacity
- 2 Help us promote the 1:1 mentorship program and senior caregivers groups
- 3 Work together to reduce the impacts of marginalization and social isolation on seniors and their families

\*Catchment Area: S. of Steeles; W. of Yonge; N. of St. Clair; E. of Hwy 427 (includes Etobicoke/Rexdale)

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