



www.sweatergangcompanions.ca

1-800-927-0985

About Us

We are dedicated to enhancing the quality of life for seniors and their families. We are a senior care agency serving Lanark County, The Ottawa Valley and the Kingston to Cornwall 401 Corridor.

Our team consists of over 40 handpicked passionate and caring individuals who believe that seniors should be given the best chance possible to remain living in their own homes. They ensure that the best possible care and support is given to each and every one of our clients. They are bonded and have completed their Vulnerable Sector Check through the Ontario Provincial Police.

To ensure that our teams have the tools they need to provide the best care possible, we provide many innovative training opportunities throughout the year. In the past few years we have offered training in GPA (Gentle Persuasive Approaches to Alzheimer's and Dementia Care), Parkinson's, Strokes, Bereavement, Healthy Eating for Seniors and Falls Prevention.

We are approved through Veterans Affairs Canada to provide a variety of services to Veterans.

We also have a knitting and crocheting group called Sweatergang Stitchers and the members use donated wool to make lap blankets (Lapghans) for seniors. Once completed, we donate the lap blankets to long term care facilities and hospitals. If you are interested in learning more about the Sweatergang Stitchers, please don't hesitate to contact us.



A few members of our team, after completing the GPA course in Perth Ontario.

How It All Started

Sweatergang Companions was established in January 2013, by Christine Wilson.

"As a child, I often spent time with an elderly couple who lived in my neighbourhood. We would spend hours playing card games and I would sit there captivated as they told me the fascinating stories of their life.

When I was in high school, I met a WW2 veteran who became like a member of my family. He would share his stories of the War and I would write them down and with his permission, do projects about him for school. He came to my house for Christmas dinner one year and we remain friends to this day.



During my time at University, I worked as a Health Care Aid (equivalent to a Personal Support Worker) at a long term care facility and the experience was extremely valuable to me. It taught me that there is a need for companionship in long term care facilities and I wanted to try and change that. To me, companionship is the most important thing that we can provide to our seniors and it is the main service that we offer at Sweatergang Companions. Companionship is all about forming relationship, sharing stories, spending time doing the things you enjoy with people who enjoy spending time with you.

I enjoy spending time with seniors and hearing their stories. I am a bit of an old soul, I enjoy music from as far back as the 40's. My grandma used to work with seniors doing homecare and I just recently learned that my Aunt also worked with seniors while she was in University. Perhaps it is in my blood to want to help seniors!

I was on the Board of Directors for the Alzheimer's Society of Lanark County from November 2013 until March 2015. I have a Bachelor of Arts degree in geography from Brandon University in Brandon Manitoba. I enjoy hiking, canoeing, cross country skiing, traveling and of course, relaxing with a good book! My husband and I live on an acreage just outside of Smiths Falls with our young son, Benjamin and 2 dogs."

Thanks for your interest in Sweatergang Companions!

~Christine~

Services

Sweatergang Companions provides a wide range of services to support seniors living independently at home or in a care facility. Service packages are tailored for each client, based on their individual needs. We know that things may change along the way, so we offer flexibility to ensure your loved ones receive the best care possible.

Services we offer:

- Respite
- Companionship
- Personal Care
- Overnight Companionship
- Overnight with Personal Care
- Daily phone call service
- Meal coordination
- Meal preparation
- Organized outings - based on client interests
- Grocery shopping and menu planning
- Organized activities to stimulate mental awareness
- Escort to events and activities
- Transportation to appointments
- Medication reminders
- Personal grooming guidance and assistance
- Engaging conversation
- Fitness activities
- Light housekeeping
- Change linens
- Laundry
- Organize mail
- Care for house plants
- Ironing
- House sitting
- Pet care

...and much, much more!



Testimonials

"Sweatergang Companions was a godsend in making it possible for my mom to spend her last months at home. I very much appreciated all of your efforts to accommodate our needs, and your staffs' commitment to helping my mom to do this with self-dignity. I am grateful that you exist."

K. Matheson, Oxford Mills, ON

"Thank you Christine for everything you and your team have done. We never would have been able to have my father at home for even the 10 days he was, without the help you and your company provided."

M. Gowling, Merrickville, ON

"Christine and her staff from Sweatergang Companions are absolutely wonderful and caring people! Christine is more than passionate about how she runs her business, always making sure that her team are working towards meeting the needs of your loved ones, and communicates well with clients. They looked after my Grandfather for the last five months of his life! They became like our family, caring and nurturing for him and as well as my Grandmother. They always tried to make bad days liveable! The girls from Sweatergang made my Grandfathers last couple of months very comfortable and cheery, no matter what each day brought good or bad! I would highly recommend Sweatergang Companions to provide you with the care and support you need as they did with my Grandfather. Thank you ladies for everything you did for my Nanny and Grandpa, from the bottom of my heart! Thank you!"

S. Miller, Smiths Falls, ON

"Our experience has been positive from the beginning. I feel Christine is only a phone call or quick email away and Debbie my mom's companion is a great match for her. My mom looks forward to Debbie's weekly visit and thinks of her as not only an advocate but also a friend. I know my mom is in good hands. I look forward to receiving the emails outlining what the weekly visit entailed."

P. Saumure, Smiths Falls, ON

"Sweatergang Companions started providing respite for my family in June 2014. My mom lives with me and once and a while I need a weekend away to pursue my interests. Sweatergang Companions enables me to get away and know that mom is looked after. The service is flexible and the companions are wonderful and my mom always enjoys their company."

B. Gauthier, Smiths Falls, ON

"Thank you very much for your help with my wife when she was first discharged from hospital. You responded on short notice and arranged for a group of five ladies who were professional, kind and very compassionate. These ladies helped my wife "get going" in the morning and gave me a chance to pick up things we needed. We have recommended your service to friends and family as a great resource when required. You helped us a lot and we thank you.

R. Gillissie, Perth, ON

Sweatergang Companions has been providing overnight companionship to my mom, who lives in Perth since January 2015. It has been a wonderful service, one that is flexible and tailored to our needs. The companion that stays with my mom is fantastic and my mom and her have become quite good friends.

B. K, London, ON

My husband and I travelled to Florida for the month of March and we were really worried about going, as my mom lives alone and is in her 90's. Sweatergang Companions came in and visited with my mom for 2 hours every day that we were away. The companions ensured that my mom had taken her pills, had groceries and was doing well. This provided my husband and I with peace of mind and we were able to enjoy our holiday.

D. M, Perth, Ontario

When it became clear that my husband Jim, who was suffering from dementia, was becoming too much for me to handle on my own, the Alzheimer's Society put me in touch with Sweatergang Companions. Christine came to our house and her enthusiasm and understanding made it very easy for me to pass over the care of my husband for a few hours every week. She found the perfect companion for my husband. Jim likes to watch CBC News and so they watch and discuss. Jim's companion also listens to Jim's military stories. They play cards games together in order to stimulate Jim's memory. On good days they go for walks or just sit on the front porch. She helps him prepare his lunch. On occasion I have to go to appointments and Jim's companion has stayed with him as long as was needed, reassuring me that if the appointment ran over, not to worry as she would just stay with him. Sweatergang Companions is one very special comfort I give to Jim and myself!

G. Robinson, Almonte, Ontario

I hired Sweatergang Companions at the beginning of May 2014 to provide 24 hour companionship to me in my home as I had a fall that resulted in a few broken ribs. My daughters didn't want me to be alone while I recovered and since they don't live in the same town as I do, having the Sweatergang Companions staff with me was peace of mind for me and my family. Sweatergang Companions provided me with 5 weeks of around the clock companionship (3 shifts) and a 6th week of reduced hours to enable me to get back on my own two feet. The services of Sweatergang Companions allowed me to recover and regain my independence in my own home. I thoroughly enjoyed the company of the ladies that came to stay with me. They were nice company, friendly and became like family. We made meals together, baked cookies, watched hockey games and chatted about old times. (Cont'd on next page)

Christine purchased a memoir book for me and encouraged the ladies to write down my stories, which I really enjoyed. It was great to get some of my stories on paper so that I can share them with my family. Hiring Sweatergang Companions was a very enjoyable experience and I am very thankful for their help in my recovery. I have kept their card and will call again if I ever need some more help.

E. Burns, Smiths Falls ON

I hired Sweatergang Companions in September of 2013 to provide support to my husband Harold. Harold has dementia and his world was getting smaller and smaller as he could no longer participate in his previous pastimes.

Every week, Christine comes prepared with customized ideas and activities. She has retrieved and recorded his memories, provided games and exercise, and taken him on many excursions such as Christmas shopping, the sugar bush, walks along the river and buying doughnuts. Sweatergang Companions are very responsible and handle dementia related lapses with dignity and humour. Harold is more communicative and engaged because of these efforts and he looks forward to the visits. He is living life, rather than having it pass by. I highly recommend Sweatergang Companions.

A. Elkington, Almonte ON

Age takes its toll. When it does, finding help that's consistent, reliable and honest is usually no small chore. However, Christine and her creation Sweatergang Companions, made it easier to accomplish. My wife has problems with her eyesight and memory and I was looking for someone to provide her with some companionship as well as engaging activities. Since we live in a remote place, we also need help with transportation to appointments and running errands. Sweatergang Companions was referred to us as a company that could provide all of the services that we need. We have worked with Sweatergang Companions for just over a year now and have been very happy with the services. Christine and Sweatergang Companions has never disappointed. Christine has been consistent, reliable, honest and a friend. It's hard to imagine being here, where we love to be, without her and her companions helping us. I hope we have time left to stay in this place we love. If the fates allow and we do, Sweatergang Companions can take a fair share of the credit for our success.

Dr. H Lafave, Elgin ON