



# CLEANING AND MAINTENANCE SERVICES

**Cleaning/Snow removal/Grass cutting/Maintenance  
Etobicoke**

Organization	Contact	Description
<b>CANES Community Care</b>	<b>416-743-3892</b>	<p>Homemaking and maintenance services:</p> <ul style="list-style-type: none"> <li>• Install grab bars/ banisters/ railings/ smoke detectors</li> <li>• Install or fix curtain rods/ clean windows/ fix screens</li> <li>• Clean eaves troughs/ painting/ move furniture</li> <li>• Door repairs/ locks repair/ window repair</li> <li>• Electrician/ plumber/ fix fences</li> <li>• Remove clutter/ clean garage/ garbage removal</li> <li>• General Maintenance/ lawn care/ gardening / snow removal</li> </ul> <p><b>Eligibility:</b> Adults 55+ or people with disabilities</p>
<b>Downsizing Diva- Etobicoke/Caledon- Dufferin</b>	<b>647-808-1039 Carolyn</b>	<p>Moving and downsizing solution for older adults * focus on helping seniors but will assist client of any ages in need of service</p> <ul style="list-style-type: none"> <li>• move in move out cleaning, get a house ready for sale</li> <li>• downsizing, clear clutter and organize living space</li> <li>• donate, sell or discard unwanted items</li> <li>• dispose of toxic items in an environmentally-friendly manner</li> <li>• arrange for a contents sale or auction</li> <li>• coordinate home repairs</li> </ul>

Organization	Contact	Description
<b>HMNS (Homemakers and Nurses Services)</b>	<b>416-392-8579</b>	<p>Provides homemaking services through community agency contracts to individuals who require assistance with household activities of daily living, and who have limited financial resources.</p> <ul style="list-style-type: none"> <li>• light housekeeping</li> <li>• laundry</li> <li>• shopping</li> <li>• meal preparation</li> </ul> <p>A financial assessment completed by an HMNS program caseworker will determine an eligibility for service.</p> <p>If person is financially eligible for the program, he/she may need to pay a portion of the cost of homemaking services</p> <p><b>Eligibility:</b> people living in Toronto * people with limited income * elderly, disabled or ill people</p>
<b>Integrity Care Services</b>	<b>647-939-1065</b>	Housekeeping and light house cleaning services
<b>Move n' Shine</b>	<b>647-461-6558</b>	<p>Downsizing and moving solutions for older adults focus on helping seniors but will assist clients of any age in need of service.</p> <ul style="list-style-type: none"> <li>• downsizing, decluttering</li> <li>• interior cleaning (extreme cleaning such as clean ovens, stoves and fridges, behind appliances, wash walls, baseboards, all aspects of spring cleaning),</li> <li>• packing and unloading</li> <li>• move in/move out cleaning</li> <li>• organize and edit furniture and personal belongings</li> <li>• arrange for a contents sale</li> <li>• basic home repairs and painting</li> <li>• landscaping and lawn care</li> <li>• window cleaning, eaves cleaning</li> <li>• grocery shopping</li> </ul> <p>Free in home consultation, prices vary-dependending on services</p>

Organization	Contact	Description
<b>Seniors for Seniors</b>	<b>416-481-2733</b>	Homemaking agency helping seniors with: <ul style="list-style-type: none"> <li>• meal preparation and grocery shopping</li> <li>• garbage removal</li> <li>• laundry and ironing</li> <li>• house cleaning</li> <li>• changing bed linens</li> <li>• light housekeeping chores</li> </ul>
<b>VHA Home Healthcare Personal and Home Support Clutter and Hoarding (Toronto)</b>	<b>416-489-2500 ext. 4367</b> <b>416-489-2500 ext 4649</b>  <b>416-489-2500 ext 4367</b>	Home Support Workers (HSWs) help clients live more safely and as independently Light household duties—e.g. cleaning, laundry and washing dishes  <b>Community Clutter and Hoarding:</b> Services include: an evaluation of home safety and functioning * assessing the client for change readiness and concrete strategies to help clients stay focused on de-cluttering * creating a plan to address the source of hoarding tendencies and barriers to de-cluttering * help connecting clients to organization and clutter removal resources  <b>Extreme Cleaning:</b> Helps people regain control of their living space and life by providing: experienced, trained cleaners who work with clients and family members to meet public health standards so they can remain at home for as long as possible * weekly follow-up cleaning support after the initial clean out to avoid relapse * referrals and links to other local community resources for long-term needs  Eligibility for funding: people who are vulnerable, low income tenants under threat of eviction due to the unsanitary condition of their home