

ABOUT TRUEVITA

At TrueVita Senior Care Solutions, we help seniors live independently, with dignity, confidence, and the right support at every step.

Our mission is to make aging more empowering through personalized care coordination, compassionate advocacy, and emotional support, all grounded in a person-centred approach.

Led by a Registered Social Worker with deep experience in healthcare and community care, we provide thoughtful planning and expert guidance tailored to your values and goals.

With the right support, aging can be a time of strength, purpose, and resilience.



Testimonial

“We would like to thank you for all the help you provided during my wife's hip surgery. Our discussions beforehand were incredibly helpful, as we had very little understanding of the process. You were completely understanding of our situation at home, especially with my limited mobility, and what would be needed after surgery.

Your representation with the hospital and care team allowed us to set up a schedule for her hospital stay and arrange appropriate respite care.

Your guidance with post-surgery programs helped her regain strength and mobility, allowing her to access all parts of our home without assistance.

You made an extremely emotional time much calmer and easier for us to handle. Thank you again for all your support”.

– J & M

CONTACT US

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SERVICE AREA

Hamilton, Ancaster, Dundas,
Burlington, Oakville, Milton,
Mississauga, Toronto

Virtual Consultations available across Ontario



Guiding You Through
the Journey
of Aging with
Compassion and
Clarity

SERVICES

Comprehensive Care Assessments

In-home assessments to understand your needs, goals, and preferences

Coordinating Services

Connecting You With Trusted In-Home Care

Medical Appointment Support

We attend appointments with you to ensure your voice is heard and next steps are clear

Ongoing Support & Advocacy

Consistent check-ins and guidance to adjust your care as needs change

Support When Home Is No Longer an Option

Support in Exploring New Living or Care Options

One-on-One Supportive Counselling

In-home emotional support for aging, caregiving, and life transitions

WHY CHOOSE TRUEVITA

- Led by a Registered Social Worker with hands-on experience in both hospital and community care.
- Person-centred, compassionate, and collaborative approach
- Aging at home is important to many families—we offer the guidance and resources to help make it safe and sustainable.
- We support safe transitions home from hospital and guide care planning every step of the way.
- We take the time to truly listen and ensure every step reflects your values.
- We help families navigate complex systems and access the right care, when and where it's needed most.

COMING SOON: PET THERAPY VISITS

At TrueVita, we recognize how vital emotional support is, especially during times of change. That's why we're introducing pet therapy visits with Louie, our gentle Cavalier King Charles Spaniel in training. Louie brings a sense of calm, comfort, and meaningful connection to the care experience.

He'll soon be available during select in-home visits, offering warmth and support during assessments, emotional check-ins, or simply as a source of joy and ease.

Benefits of pet therapy:

- Clinically proven to reduce anxiety and depression.
- Increases emotional connection and joy.
- Reduces feelings of loneliness.

