What sets us apart?

Relationship Centric

We treat your loved ones like family, with dignity and respect.

Experienced & Trusted Caregivers

Carefully screened, trained, and matched to meet your needs.

Flexible Care Plans

From a few hours to 24/7 support, we're here when you need us.

Support for Families & POAs

We collaborate with families and Power of Attorneys to make care seamless.

Licensed & Compliant

Fully licensed as a Temporary Help Agency — your peace of mind matters.

Connected with Health Partners

We work closely with healthcare professionals and senior living communities.

About Us

FirstLight Home Care of North York provides trusted, compassionate care that helps seniors and adults live safely, in the place they call home.

Locally owned and operated. We understand the importance of trust and connection. We take the time to match each client with the right caregiver. We tailor every care plan to the unique needs of our clients, whether it's companionship, personal care, or specialized support. We're here to help — like family.

Contact Information

Phone
1-866-537-2732

Email
northyork@firstlighthomecare.ca

Visit our linktr.ee!

FirstLight® HOME CARE

Experience our Culture of Care

At FirstLight Home Care of North York, everything we do is guided by heart. Our Culture of Care means we're not just here to help—we're here to bring comfort, peace of mind, and a better quality of life to the people we serve. It's our promise to treat your family like our own, with compassion, integrity, and a deep commitment to care that makes a difference.

Experience the Firstlight® Service Excellence

Personal Care
Help with daily tasks like meals, hygiene, and medication reminders to ensure comfort and safety.

Companion Care
Friendly support with conversation, errands, and everyday routines.

Dementia Care
Specialized care to support memory, routine, and safety for those with dementia.

Respite Care
Temporary relief for family caregivers so they can rest and recharge.

Palliative Care
Comfort-focused care for clients and families during serious illness.

Transition Care
Post-hospital support for a safe and smooth recovery at home.

Client Reviews

★★★★★

"I can highly recommend Karen and her PSW team from FirstLight Home Care of North York. They all gave superb quality care for our dear friend during her final few months. They were patient, kind, compassionate and provided outstanding supportive care and were truly attentive to all of our friend's needs ... "

★★★★★

"Karen's team of PSWs have successfully cared for my sister by being there for her in her times of great need as a companion, and supporting as well, the many times that she has required encouragement and emotional strength to cope with her many challenges."

★★★★★

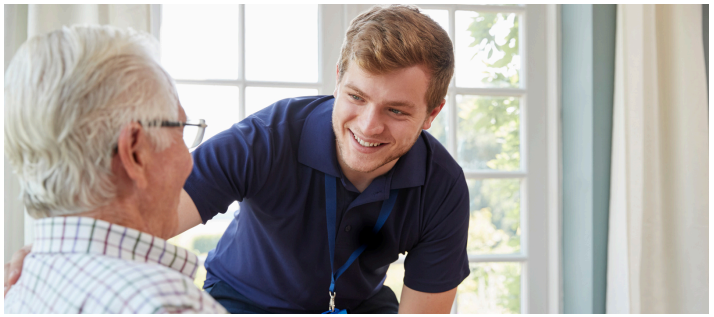
"From the very beginning, our experiences with the staff provided by First Light have been positive, and have made my mother feel comfortable getting help, and when we had to increase services, First Light was immediately able to provide the extra assistance needed..."

★★★★★

"Karen was amazing to deal with as were all the caregivers involved in looking after my ailing grandmother. At several points, we needed to scale up care and FirstLight was there for us. Also, the caregivers were exceedingly compassionate and made my grandmother's final days as special as they could be.. "

We Are

peace of mind
problem solvers
good friends
{ Caregivers }



Our caregivers are the heart and soul of our company, we do what it takes to make sure they are appreciated and supported.

Contact us for a no-obligation assessment