



ADULT DAY PROGRAM

Adult Day Program is a social/recreational program for seniors who are physically frail and/or cognitively impaired, and would benefit from a safe and professionally staffed environment. Seniors can enjoy themselves in the company of their peers and a caring staff. It is our goal to encourage and develop greater self esteem, independence and a greater connection to the community. Our program takes into account each person's cultural, emotional, physical and spiritual needs. We also provide both formal and informal supports to our clients and caregivers.

Getting Started:

Call 416 733.4111 and ask for Intake . Our intake worker can answer any questions you may have about the program and will also ask you some questions about yourself or your loved one to determine eligibility. You can also make arrangements to come in for a tour. Once it is determined you or your loved one is interested and eligible we will send your referral to the Central Community Care Access Centre (CCAC). The CCAC manages all of the applications and waitlists for day programs in our district. A CCAC Care Coordinator will be in contact with you to complete your application. Once a spot in Adult Day Program is available, the North York Seniors Centre Supervisor will contact you. If you currently have a CCAC Care Coordinator you may also ask them to submit the application on your behalf.

Program Format:

The program is offered Monday through Friday, 9:30 am to 3:00 pm. Clients can arrange with the Supervisor the number of days they will attend weekly. Activities change daily. We start with a hot drink and social time, followed by activities, 45 minutes of exercise and then a nutritious meal for lunch. Clients are almost always offered seasonal choices of programs to meet their needs and desires. We have monthly special events and bring in entertainers, prepare special meals, and dance. Clients are supported by trained, respectful, caring staff throughout the day. Our staff are trained to attend to some personal care needs of our clients as well.

Active Living Centre & Volunteer Services

21 Hendon Avenue
Toronto, ON M2M 4G8

Adult Day Program & Senior Care

80 Sheppard Avenue West
Toronto, ON M2N 1M2

416 733.4111

www.nyseniors.org

Parkinson Disease:

NYSC staff has had training from the Parkinson's Society of Toronto on the specific issues related to Parkinson's disease process. We understand the common issues associated with this disease and we are equipped to assist each person on an individualized basis. We understand the need to make allowances with medication times, walking, sitting and freezing issues and we are prepared to take our direction from our clients' individual needs. Many of our exercises benefit the needs of the person with Parkinson's disease.

Attendance:

During the assessment, the Supervisor will assist potential clients and their caregivers in choosing the day(s) that best suits their schedule and interests. The program day(s) and fees will be determined prior to the commencement of attendance. Any requests to change attendance days must be discussed with the Adult Day Program Supervisor at 416 733.4111 ext. 311 . If clients know that they will be absent on their scheduled program day, they must contact NYSC 24 hours in advance to cancel.

Meals:

All our clients dietary concerns will be assessed prior to their initial visit and accommodation can be made for a number of specific dietary needs and concerns. Kosher and vegetarian meals can be requested. Our meals generally consist of soup or salad, meat (chicken or fish), a starch such as potato or rice and a vegetable. A low calorie dessert with tea or coffee completes the meal.

Transportation:

Transportation to and from *Adult Day Program* is the responsibility of the client or their family/caregiver. For those clients who do not have their own transportation and who live in our catchment area, transportation may be available. This service will be provided for an additional fee.

Medications:

All information regarding client medications will be gathered during the initial assessment. If any medications are required to be taken during program hours, staff will supervise the self-administration of the medication. All prescription medications should arrive with the client in a properly labeled, sealed and signed envelope. Medications are given to clients at 11:30 a.m., 12:30 p.m. and 1:30 p.m. only. It is the responsibility of the caregiver/family to inform staff of any changes to medications.

Emergencies:

In case of an emergency, 911 will be called immediately and basic first aid will be Administered by staff. The client's emergency contact person will also be called.

Termination:

It is possible that participation of a member may be terminated due to various factors. Such factors may include needing an increased level of care beyond which we are able to provide, or behaviours that may jeopardize the safety and well being of other clients and/or staff. Alternative arrangements for care will be discussed and when possible, a graduated decrease in service will be discussed with the client and family.

Caregiver Support:

We offer a formal, open-ended support group on the last Thursday of each month for caregivers who have their loved one in the program. This provides a greater continuity of care to families who are able to access this important resource. The support group provides information on community resources on a variety of topics as well as much needed peer support. For those who are not able to attend, one-on-one support and information is always available. For more information on these services, please call.

Newsletters & Calendars:

We produce two newsletters on a quarterly basis, the **Caregiver Connections** is distributed in the spring and fall and **Adult Day Program Connections** in the summer and winter. They will be included with your itemized bill during these months. They are informative and helpful in keeping you up-to-date on activities and events. Our program Calendars', sent monthly in billing, provides information on upcoming events. Both communication tools are important in keeping you informed and can be used to generate conversation with your loved one about their life and involvement at North York Seniors Centre.

Engagement:

We regularly review our programs and encourage feedback. We also do an annual Satisfaction Survey to ensure we are meeting client and caregiver needs.

Hours of Operation:

Monday to Friday from 9:30 a.m. to 3:00 p.m. Extended hours may be available upon request.

Fees:

Full Program Day	\$28.50
With Transportation	\$41.00

*An itemized bill will be mailed to your home every month. Please keep all invoices for tax purposes.

