

## Diversity Programs

**Service Description:** CHATS Diversity Outreach Programs promote well-being and integration activities for groups of seniors from the following cultural/linguistic groups: Iranian, Russian, Chinese (Cantonese), Italian, South Asian and Tamil. Programs utilize a holistic approach to wellness, providing clients with opportunities for social interaction, celebration of cultural events and development of resource networks including the provision of information on health, exercise, and well-being. Programs may provide a culturally appropriate snack or meal. Transportation is provided where available.

NOTE: as a result of the COVID-19 pandemic, Diversity Programs are primarily held through virtual meetings.

**Service Provider(s):** CHATS Outreach Coordinators and Volunteers with appropriate cultural and linguistic competence

**Persons Served:** Immigrants, including newcomers to Canada who are 55 years and older or those with an age-related condition

- Eligibility:**
1. 55 years of age or older or living with an age-related condition
  2. Residents of York Region or South Simcoe.
  3. Able to independently tend to personal needs (e.g. self-toileting).
  4. Do not exhibit wandering behaviour.
  5. Mentally and physically stable.
  6. Able to function socially at acceptable levels.

- Limitations:**
1. Those with cognitive and/or physical impairments are individually assessed to determine eligibility. Individuals found to be ineligible or who become ineligible due to physical or cognitive frailty may attend if accompanied by a caregiver, paid or unpaid, providing they meet all other criteria.
  2. Program staff and volunteers are not trained in the use of wheelchairs. Individuals using wheelchairs will be accepted if they are independent with self-care and do not require CHATS transportation.
  3. In person programming may be limited as a result of the COVID-19 pandemic.

**Program location(s):** Where available, programs are held in various community locations across York Region and in South Simcoe including churches, community centres, Legion halls, assisted living sites, libraries, etc. As a result of the COVID-19 pandemic, most programming activities are held via Zoom.

**Availability:** Programs are offered at various times during the day, from Monday to Friday. Specific time depends on the program.

**Frequency of** Weekly, bi-monthly or monthly, depending on program.

**Service cost:** Most programs cost between \$5.00 and \$20.00 with special events costing a maximum of \$25.00. Subsidies are available if needed, based on income. There is no fee for CHATS Virtual programming.

**Contact:** CHATS office at (905)713-6596 or 1-877-452-4287

**Referral Source(s):** Self, family, friends, physicians, Central LHIN Home and Community Care

**Funded by:** United Way Toronto and York Region, Central Local Health Integration Network

**Stakeholders:** Persons served