

## Adult Day Program – Arirang

Integrated Program: Frail and Mild to Moderately Cognitively Impaired Seniors

**Service Description:** A full-day, culturally centered, community-based program, offering respite to caregivers and providing older adults with individualized and planned activities. The program includes a variety of social and wellness activities, companionship, nutritious snacks, and lunch, in a safe, friendly, and caring environment. The program addresses social isolation for older adults. Activities include exercise, mental stimulation, crafts, outings, relaxation programs, entertainment, health promotion, and disease prevention.

**Service Provider(s):** Specially trained, multi-disciplinary teams that include a Program Supervisor, Recreation Programmers, Personal Support Workers, and trained volunteers.

**Persons Served:** Older adults, from the Korean community, who are frail, socially isolated, and/or may have mild to moderate cognitive impairment (without behaviours that may be a risk to themselves or others) and who could benefit from a secure environment. Adults with an age-related illness who could benefit from therapeutic recreation, personal support and structured, goal-oriented programming.

- Eligibility:**
- Person served is 18 years of age or older with an age-related illness
  - Person served or substitute decision maker consents to participate in an initial (and regular follow up) RAI CHA which is an evidence-based assessment to determine individualized care needs and develop a care plan and goals.
  - Person served lives in the community and benefits from supervision during the day
  - Person served requires minimal assistance with activities of daily living (e.g., meal, toileting, and transfers - maximum one-person transfer)
  - Person served will benefit from a friendly, interactive, stimulating recreation programming
  - Person served is able to adhere to our personal support worker administered medication program with a recognized medication compliance system (pre-dispensed system – e.g., blister package)

**Limitations:** Older adults with dementia who have behaviours that may be a risk to themselves or others; persons who require more than one personal support worker for transfers/personal care.

**Program location(s):** 405 Gordon Baker Rd, North York, ON M2H 2S6

**Availability:** Tuesday and Friday from 8:30 a.m. to 4:30 p.m.

**Frequency of Service:** Up to 2 times per week

**Cost:** Daily fees are \$25 per day. Cancellation with 24 hours' notice is \$7.50. No notice of absence is subject to a full fee. Families are encouraged to drop off and pick up clients or arrange alternate transportation through Wheel Trans (TTC).

**Contact:** Please contact our Adult Day Program Supervisor with any questions at 416-346-9589.

**Referral Source(s):** Physician

**Funded by:** Milal Church and co-payment from Person Served.

**Stakeholders:** Persons Served and Caregivers