

**South Asian Program**

Integrated Program: Seniors & Adults (18+) Frail, Socially Isolated, or Diagnosed with an Age-Related Illness

**Service Description:** A full-day culturally centered community-based program supporting the South Asian Community. The program offers respite to caregivers and provides older adults with individualized plans of care. The program includes a variety of social and wellness activities, companionship, nutritious snacks, and lunch, in a safe, friendly, and caring environment while addressing social isolation for older adults. Activities include exercise, mental stimulation, crafts, outings, relaxation programs, entertainment, health promotion, and disease prevention. Programs are also being offered virtually.

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

**Persons Served:** Older adults, from the South Asian 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 and 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 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 may have caregiver who requires respite
- Person served will benefit from a friendly, interactive, stimulating recreation programming
- Person served adhere to our personal support worker administered medication program with a recognized medication compliance system (pre-poured system – e.g. blister package)

**Limitations:** Older adults with dementia who have responsive behaviors; persons who require more than one personal support worker for transfers/personal care.

**Program location(s):** 138 Yorkland Street Unit 1000, Richmond Hill, ON L4S 1C5

**Availability:** Monday to Friday 8:30 am -3:30 pm

**Frequency of Service:** Up to 5 times per week, as assessed by Ontario Health atHome.

**Cost:** Program fee is \$29.20 per day. CHATS Transportation (based on availability) \$2.50 (one way). Fees are subject to change. Families can choose to arrange private pick up and drop off.

**Contact:** Please contact our Adult Day Program Supervisor at 905-713-3373 Ext 7052

**Referral Source(s):** Self, Family, Physician, through Ontario Health atHome. Eligibility is determined by Ontario Health atHome

**Funded by:** Ontario Health and co-payment from Persons Served.

**Stakeholders:** Persons served and caregivers.

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