

## **Social & Wellness Programs**

**Service Description:** Social & Wellness Programs include a variety of activities that promote health and wellness and provide social activities based on the needs of persons served. Services include nutritious meals or snacks, social and recreational activities, education and information, transportation where available. Examples of CHATS Social & Wellness Programs include coffee clubs, wellness programs, restaurant or community lunches, fitness and more.

**Service Provider(s):** Outreach Coordinators and Volunteers

**Persons Served:** Individuals, 55 years of age or older or those living 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 their personal needs (e.g. self-toileting).
  4. Do not exhibit wandering behaviour.
  5. Mentally and physically stable.
  6. 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.

**Program location(s):** Programs are held in various community locations across York Region and in South Simcoe including churches, community centers, Legion halls, assisted living sites, libraries, etc.

**Availability:** Programs are offered throughout the day, Monday to Friday, depending on the specific program.

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

**Cost:** Most programs cost between \$5.00 and \$20.00 with special events costing a maximum of \$50.00. Subsidies may be available based on a fee assessment and availability of funds.

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

**Referral Source(s):** Self, family, friends, physicians, Ontario Health atHome

**Funded by:** Ontario Health

**Stakeholders:** Persons served, caregivers, volunteers