

Aurora Adult Day Program

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

Service Description: A full-day 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, trained volunteers, and Gerontology/Recreation students.

Persons Served: Older adults 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 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 can 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): 240 Edward Street Unit 1, Aurora, ON L4G 3S9

Availability: Monday to Friday from 8:30 a.m. to 3:30 p.m.

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

Cost: As of May 1, 2026, daily fees are \$30.50. Families are encouraged to provide transportation or use York Region Transit (YRT). CHATS Transportation may be available for eligible clients at \$5.50 per one-way trip. Fees are subject to change.

Contact: Please contact our Adult Day Program Supervisor with any questions at 905-713-3373 ext. 6034

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 Person Served.

Stakeholders: Persons Served and Caregivers

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