

## **Vaughan Adult Day Program-Specialized Frail Program**

Older adults and persons (18+) who have frailty or diagnosed with an age-related condition

- Service Description:** A full-day community-based program, offering respite to caregivers and providing older adults and persons with age related conditions 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, 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 who are frail, socially isolated 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 condition
  - 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 friendly, interactive, stimulating recreation programming
  - Person served adhere to our personal support worker administered medication program with arecognized 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):** 9401 Jane St. Unit 312, Maple ON, L6A 4H7
- Availability:** Monday to Friday from 8:30 a.m. to 3:30 p.m. NOTE: Hours of operations have changed due to the Pandemic.
- Frequency of Service:** Once a 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. 6085
- 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