



A DAY AWAY

Adult Day Program (ADP)

A Day Away is a social/recreational program for seniors with physical frailties and/or cognitively challenges. Seniors can enjoy themselves in the company of their peers and caring staff in a safe environment. It is our goal to encourage and develop greater self-esteem, independence and a greater connection to the community. Our program takes into account each person's cultural, social, emotional, physical and spiritual needs. We also provide both formal and informal support to our clients and caregivers.

Our A Day Away locations:

- A Day Away at 80 Sheppard Avenue West in North York
- A Day Away at 21 Hendon Avenue in North York

Getting Started:


Call 416 733.4111 and ask for Intake. Our intake **Service Access Specialist** can answer any questions you may have about our program and will also ask you some questions about yourself or your loved one to determine eligibility. **Contact Home and Community Care Support Services (HCCSS) at 310-2222** to complete an assessment with the Care Coordinator. You may also ask them to submit the ADP application on your behalf. The Care Coordinator will send the referral to North York Seniors Centre. The Service Access Specialist will contact the family once the application has been completed and it has been determined that the client is appropriate for an Adult Day Program such as the A Day Away. Applications received are then placed on waitlists. Once a spot in the A Day Away is available, the North York Seniors Centre ADP Supervisor will contact you for a tour.

Program Format:

The program is offered Monday through Friday, 10:00 a.m. to 3:00 p.m. Clients can arrange with the ADP Supervisor the number of days they would like to attend weekly. Activities change daily and are planned to fit the needs, interest and abilities of each client. We start with a hot drink and social time, followed by activities, 45 minutes of exercise and then a nutritious meal for lunch. We offer special events throughout the year by bringing in special entertainment including music, food and dance. Clients are supported by trained, respectful, caring staff throughout the day.

Active Living Centre & Administrative Office

21 Hendon Avenue
Toronto, ON M2M 4G8

 **416 733.4111**

intake@nyseniors.org

A Day Away Club & Senior Care

80 Sheppard Avenue West
Toronto, ON M2N 1M2



www.nyseniors.org

Meals:

All our clients' dietary concerns will be assessed prior to their initial visit and accommodation can be made for several specific dietary needs and concerns. Our meals generally include soup and a main dish consisting of meat, starch and a vegetable. A dessert with tea or coffee completes the meal.

Transportation:

Transportation to and from *A Day Away* is the responsibility of the client or their family/caregiver. For those clients who do not have their own transportation and who live in our catchment area, transportation may be available. This service will be provided for an additional fee.

Medications:

All information regarding client medications will be gathered during the initial assessment. If any medications are required to be taken during program hours, staff will supervise the self-administration of the medication. All prescription medications should arrive with the client in a properly labeled and sealed blister pack. It is the responsibility of the caregiver/family to inform staff of any changes to medications.

Emergencies:

In case of an emergency, 911 will be called immediately and basic first aid will be administered by staff. The client's emergency contact person will also be called.

Caregiver Support:

We offer a formal, open-ended support group each month for caregivers who have their loved one in the program. This provides a greater continuity of care to families who are able to access this important resource. The support group provides information on community resources on a variety of topics as well as much needed peer support. For those who are not able to attend, one-on-one support and information is always available. For more information on these services, please contact the ADP Supervisor.

Hours of Operation:

Monday to Friday from 10:00 a.m. to 3:00 p.m. Extended hours may be available upon request.

Fees:

Full Program Day \$28.50
With Agency Transportation \$42.00

