

# Adult Day Programs and Assisted Living Services

Helping seniors stay healthy and independent at home

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## About Adult Day Programs

Adult day programs offer social, recreational and therapeutic activities for people living in social isolation or experiencing memory loss, communication disorders or those with physical disabilities. Adult day programs give people an opportunity to socialize and offer caregivers a much-needed break.

Specifically trained professionals work closely with participants and their families to ensure the goals of the program are met. All adult day centres are operated by friendly, caring staff and offer nutritious meals and snacks.

## Benefits of an adult day program:

- Opportunity to interact with peers in a stimulating and therapeutic environment

- Help you remain independent in the community
- Provide enjoyment and fulfillment
- Respite support to family and caregivers

## Is there a cost?

Adult day programs are funded in part by the Ministry of Health through Ontario Health. You will be required to pay a fee to attend the program. The daily fee differs among programs. Subsidies may be available.

Individuals who may benefit from care accessed through an adult day program include the frail elderly and those with the following:

- Alzheimer's disease and/or dementia
- Stroke
- Aphasia (communication disorder)
- Acquired disabilities
- Developmental delays



## About Assisted Living Services

Assisted living is a health service for seniors aged 65+ with complex care needs. Assisted living services are provided to eligible seniors who live in a supportive housing building or in their own homes within a specific geographic boundary.

### Assisted living services may include:

- Personal support services (e.g., bathing, dressing, personal hygiene)
- Homemaking (e.g., light housekeeping, laundry, meal preparation)
- Security checks/reassurance services (by telephone or in-person)
- Care coordination (e.g., assessment, care plan, referrals)

Assisted living services help people remain independent in their own home and prevents or delays the need for long-term care.

Assisted Living Services are funded by the Ministry of Health through Ontario Health. Services may be provided on a scheduled or unscheduled basis.

If you are not eligible, or if your needs cannot be met through assisted living services, your care coordinator will help you explore other options.



## Who is eligible?

Ontario Health atHome manages access to adult day programs and assisted living services. An Ontario Health atHome care coordinator will:

- Assess your health care needs to determine if you are eligible
- Provide information on local programs and resources and work with you to determine which services best meet your needs
- Depending your eligibility, assist with the admission process for Adult Day Programs or Assisted Living Services

### In addition:

#### For Adult Day Programs, you must:

1. Have a health need that can be met through an adult day program
2. Be 18 years of age or older
3. Possess a valid Ontario Health Card

#### For Assisted Living Services, you must:

1. Be a senior with health care needs that require personal support
2. Possess a valid Ontario Health Card

## Contact us

### Ontario Health atHome

11 Allstate Parkway, Suite 500  
Markham, ON L3R 9T8

By telephone or TTY:

- 1-888-470-2222
- TTY: 711
- 310-2222 (area code not required)

To learn about other health and community services, visit [centralhealthline.ca](http://centralhealthline.ca)