

Adult Day Programs and Assisted Living

Helping seniors stay healthy and independent at home



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 attending an adult day program

- Provides an opportunity to interact and cooperate with peers in a stimulating and therapeutic environment
- Offers respite and support to your family and caregivers
- Can help you remain independent in the community
- Creates a sense of fulfillment and enjoyment in a fun and safe environment

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. You may apply for subsidies through the adult day program you attend.

Who is eligible?

Ontario Health atHome manages access to assisted living in the region. A care coordinator will:

- Assess your health care needs to determine if you are eligible



- Provide information on adult day programs in your community to help determine the programs that best meet your needs
- Assist with the admission process

In addition you must:

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

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.

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

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

If you are not eligible, or if your needs cannot be met through an adult day program, your care coordinator will explore other options and programs.

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, development of care plans, referral to community agencies)

Services may be provided on a scheduled or unscheduled basis.

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