

## Adult Day Program – Arirang

Integrated Program: Frail, Mild Cognitive Impaired and Moderate Cognitive Impaired Seniors

- Features:** Located in North York our community-based culturally centred Adult Day Program meets the needs of frail, socially isolated, mild cognitive impairment (without responsive behaviours, exit seeking & wandering) or those seniors with an age related illnesses, and who could benefit from some personal support and supervision.
- Activities:** Our specially trained team provides a full range of planned meaningful programming each day. We offer a stimulating calendar of events such as social, wellness and recreation programming as well as daily exercise classes. A hot lunch and snack are served with each visit. Personal Care is offered (1-person assistance) with washroom and other care needs provided.
- Our Team:** A multi-disciplinary team of staff consisting of: Day Program Supervisor, Recreation Programmers, Personal Support Workers, trained volunteers support our program daily.
- Eligibility:**
- Referred by a physician/social worker a referral form will be provided.
  - Clients must be 55 years of age or older with an age-related illness
  - Clients will be asked for consent to participate in an initial RAI CHA evidence based assessment to determine individualized care needs. A reassessment is completed annually thereafter.
  - Clients must live in the community and benefit from supervision during the day
  - Clients may require minimal assistance with activities of daily living (e.g. meal, toileting and transfers - maximum one person transfer)
  - Clients may have a caregiver who requires respite
  - Clients who would benefit from a friendly, interactive, stimulating recreation programming
- Availability:** Tuesday and Friday from 8:30 a.m. to 4:30 p.m.
- Transportation:** Families are encouraged to drop off and pickup clients or make use of TTC Wheel-Trans service, CHATS I-Ride.
- Contact:** Please contact our Adult Day Program Supervisor with any questions at 416-346-9589 or 905-713-3373 ext. 6502