

SENIOR SERVICES

# SENIORS COMMUNITY PROGRAMS



## Helping seniors live active, healthy and independent lives

Seniors Community Programs offers a variety of social, wellness and outreach services to older adults 60+ who reside in Ontario and have a valid Ontario Health Card. Programs are intended to help older adults remain safe and independent at home for as long as possible. Contact our Seniors Community Programs Intake Line (Monday to Friday, 8:30 a.m. to 4:30 p.m.) to see which program is the best fit for you.

### Adult Day Program

Helping older adults stay physically active, cognitively stimulated and socially connected. The Adult Day Program offers a safe atmosphere where seniors can socialize and engage in meaningful programming. Program content encourages clients to reminisce, take notice, learn something new and participate in fun and meaningful activity. Exercise class is designed to get clients active and promote physical health and wellness. Caregivers can benefit from valuable respite and peace of mind. A fee for service applies.

### Niagara Gatekeepers

Telephone referral service to help connect at-risk older adults with services to help them stay safe and independent in their home. Older adults are referred with their consent to partnering organizations. Information is kept confidential and callers may remain anonymous.

### Niagara Aphasia Program

Small supportive conversation groups for individuals with aphasia (communication difficulties related to a brain injury or stroke). Programs guided by a speech language pathologist and communication disorder assistant to help clients communicate with increased confidence and promote community re-integration strategies. A fee for service applies.

### Outreach Services

Community Workers offer short-term service navigation support to older adults to help them stay safe and independent in their own home. A Community Worker will provide service either in-person, over the telephone or virtually. Services are provided upon consent from the older adult. Staff can make referrals on the client's behalf to services in the community.

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# SENIORS COMMUNITY PROGRAMS CONTINUED...

## Respite Companion Services

An in-home program that provides day and evening respite services up to 20 hours per week for older adults living with a diagnosis of Alzheimer's disease or other progressive dementia.

- Provides companionship, tailored activities and supervision, in their own homes while offering relief to the primary care partners
- Minimum commitment is a regularly scheduled, three-hour visit each week. A fee for service applies.

## Wellness Services

Helping older adults live active, healthy and independent lives through a variety of free services.

Healthy Safe and Strong group exercise, virtual wellness guest speakers and South Niagara Health and Wellness Centre focus on a variety of health and wellness topics related to healthy aging. Participants connect to their communities through direct linkages with local agencies and build knowledge of available resources.

## Virtual Wellness

Information is intended to support healthy aging, falls prevention, chronic conditions and other age-related wellness topics. Individual registration is required.

Our program offers webinars and workshops, information and resources, engagement with your community and opportunities to learn about health and wellness.

## Healthy Safe and Strong Exercise Classes

Staying active is the key to healthy living. Our program offers seated or standing classes run by a certified personal trainer.

- Improve strength, endurance and balance to help prevent falls
- Classes are approx. 50 minutes, offered multiple times each week
- Held virtually and at various community locations

## South Niagara Health and Wellness Centre

### Wellness Services

A partnership of community and health care providers offering rehabilitation, wellness education and community resource connections to help older adults become healthier, safer and stronger. The program offers:

- Exercise and education in a fun and interactive environment, opportunities to build confidence and independence while participating in small groups, or one on one, for up to six weeks

### Ambulatory Rehab Program

Professional services provided by Hotel Dieu Shaver include physiotherapy, occupational therapy, and speech language pathology. Requires a physician referral.