

# Adult Day Program

Seniors and Adults (18+)



## Overview

Community Care Durham's Adult Day Program provides full-day supervised, therapeutic programming, companionship, nutritious snacks, lunch and assistance with personal care in a diversified, socially inclusive and secure environment. Participants will enjoy a variety of activities designed to improve cognitive, social, emotional and physical functions in either a group setting or based on an individual's needs. Daily activities include functional fitness, wellness programs, reminiscing/discussion groups, arts and crafts, educational and interactive games, outdoor programs, music therapy, entertainment, pet therapy and multi-aged programs.

## Clients Supported

The clients participating in our Adult Day Program have specific needs that must be met including:

- They must be 18 years of age or older with aging, physical or cognitive health needs.
- They are residents in the community and would benefit from supervision during the day.
- They require minimal assistance with activities of daily living (i.e. meal, toileting and transfers).
- They may have a care partner who needs respite.
- Clients must adhere to their medication requirements. Only essential medications are to be sent each day, supplied in a dosette box, labelled with the client's name. There should also be instructions indicating when the client should take the medication. If staff do not receive instructions, they will be unable to assist the client.

## Limitations

There are some limitations to participating in the Adult Day Program. They are as follows:

- The client cannot live in a Long Term Care facility and attend the Adult Day Program.
- The client's needs must be met by a one-person transfer.
- The client needs to be able to self-feed.

## Program Locations

Community Care Durham's Adult Day Programs are operated out of the following locations:

- Clarington: 2440 Hwy. 2, Unit #1, Bowmanville
- Pickering: 1420 Bayly Street, Unit #6, Pickering
- Uxbridge: Campbell Drive Professional Bldg., 2 Campbell Drive, Suite #104, Uxbridge
- Whitby: 20 Sunray Street, Unit #3, Whitby

## Availability

Due to COVID-19, the hours of operation have changed. They are as follows:

- Clarington, Whitby, and Pickering: Monday to Friday 9 a.m. to 3 p.m. Clients can attend 1 day per week, same day each week.
- Uxbridge: Monday to Thursday 9 a.m. to 3 p.m. Clients can attend 1 day per week, same day each week.

## Cost

The price of the Adult Day Program is \$34.00 per day. To cancel a scheduled day, you must notify the Day Program two business days before the day of attending the program, otherwise you will be charged the full amount. A late pick up fee of \$20 per hour, rounded to the nearest half hour, may be charged. Registration is required.

## Transportation

Community Care Durham offers Transportation based on availability. Options can be discussed with Day Program staff.

## Arrivals and Departures

Here are some things to remember when arriving or departing the Adult Day Program:

- When arriving or departing from the Adult Day Program a client must be escorted by a care partner. The care partner is to provide medication and updates to staff.
- The care partner is to arrive 15 minutes prior to closing for pick up. A late pick up fee may apply.
- The care partner is to notify the program when the client is away on vacation, as per our cancellation policy.
- The care partner should also notify the program when someone else will be providing transportation for the client, and the emergency contact information.

## What to Bring

Clients should remember to bring their mobility devices (i.e. cane, walker and wheelchair), essential medication in a provided box dosette, change of clothes, briefs and closed toed shoes.

## Contact

For more information on the Adult Day Program, please call 1-888-255-6680.

Referral Source: Home and Community Care Support Services Central East. Please contact a Care Coordinator at 1-800-263-3877.

## Related Services

[www.communitycaredurham.on.ca/services/transportation/](http://www.communitycaredurham.on.ca/services/transportation/)