

Guide to Hamilton's Adult Day Services



Boys & Girls Clubs
of Hamilton
A good place to be



St. Joseph's Villa
Adult Day Program



Goldie's Place
at Shalom Village



Hamilton Site
Adult Day Centre

Mountberry & Meadowlands
Adult Day Services

What are Adult Day Services?

Adult Day Services provide a day out for older adults with disabilities and adults who require additional support to participate in social, physical and recreational activities.

Day Services provide a full course hot meal, refreshments, medication reminders and personal care assistance. All offer a senior based daily exercise program designed to promote physical well being and optimize health.

Family members and caregivers receive regularly planned respite from their care giving responsibilities.

Who is Eligible?

Adult Day Services are intended for the elderly who may be experiencing one or more of the following:

- Frailty
- Have a progressive cognitive disorder (such as Alzheimer disease)
- Have dementia or an acquired brain injury.
- Be socially isolated or need extra support, due to a medical condition such as Stroke, Parkinson's Disease, Multiple Sclerosis, Diabetes

Suitability questions? Contact the ADS program of your choice.

Benefits for Participant

- ✓ Stimulate mental & physical health
- ✓ Improve or maintain condition
- ✓ Form new friendships
- ✓ Meet people with common goals and interests
- ✓ Non-judgmental atmosphere

Benefits for Caregiver

- ✓ Lead a balanced life
- ✓ Respite from care giving responsibilities
- ✓ Time to relax
- ✓ Reduced Stress
- ✓ Improved relationships

Cost

\$15 - \$22 fee per person, per day

*Subsidization is available for those who qualify through Special Support Services.

Adult Day Services are funded through the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN)

Staff

- ✓ Health care professionals
- ✓ Trained volunteers

Some Programs offer the support of:

- Registered Nurse
- Recreation Therapist
- Personal Support Worker
- Speech-Language Pathologist
- Social Worker/Social Service Workers

Integrated Adult Day Services

Available for individuals who have:

- Early to moderate stages of cognitive impairment
- Social isolation
- Need for personal care support due to a chronic condition such as Stroke, Parkinson's Disease, Diabetes, etc.

Integrated Programs Offer:

- ✓ Large and small group activities
- ✓ Social, recreational, cognitive and physical programs
- ✓ Structured and supervised settings

Specialized Adult Day Services

Available for individuals who have:

- Advanced cognitive impairment
- Require frequent cuing and directing
- Need continual supervision and support

Specialized Programs offer:

- ✓ Smaller groups
- ✓ More assistance with personal care needs
- ✓ Secured and locked facility
- ✓ Increased support and cuing
- ✓ Caregiver Support

Apply Today! Book a Tour

***To apply, contact the Day Program directly.
Call an Adult Day Service site to book a free tour and meet the staff.***

Or

Call the **Community Care Access Centre (CCAC)** in Hamilton.

Phone: 905-523-8600 or 1-800-810-0000
Seven Days A Week 8:30 AM to 8:30 PM

Office: 310 Limeridge Road West
Monday to Friday 8:30 AM to 4:30 PM

*If you are currently receiving CCAC services, speak with your Case Manager.

Wait Lists

Some Programs have waiting lists that may result in waiting periods of several months.

Once a vacancy arises in your selected program, you will be contacted and enrolled in the program.

The Community Care Access Centre (CCAC) manages wait lists to ensure fair and equitable access for everyone. Individuals are contacted chronologically, according to the referral date.

Transportation

Speak to Adult Day Program staff regarding transportation options available.

You can pre-register for transportation.

To determine if you're eligible for DARTS or Taxi Scrip services call: **Accessible Transportation Services 905-529-1212**

Attendance Policies

In the event of an absent day, all day programs are required to charge a fee to maintain the client's program days and membership.

Participants will be charged a fee for the program days that they are scheduled to attend, not for their actual attendance.

Hamilton Adult Day Service Providers Contact Information

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| <p>Kiwanis Boys and Girls Club Adult Day Program 45 Ellis Ave., Hamilton Contact: Assistant Director Phone: 905-549-1863 ext. 233 Fax: 905-549-6262 E-mail: janice.m@kboysandgirlsclub.com</p> | <p>Shalom Village Goldie's Place Adult Day Program 70 Macklin St. N., Hamilton Contact: Executive Coach Phone: 905-529-1613 ext. 305 Fax: 905-529-7542 E-mail: krista@shalomvillage.ca www.shalomvillage.ca</p> | <p>SAM Program (Seniors Activation Maintenance Program) SAM East 1831 King St. E., Hamilton Contact: Nurse Coordinator Phone: 905-544-4550 Fax: 905-544-4550 E-mail: sameast@cogeco.ca</p> <p>SAM Central 350 King St. E., Hamilton Contact: Nurse Coordinator Phone: 905-525-1181 Fax: 905-525-4149 E-mail: samcentral@bellnet.ca</p> <p>SAM Flamborough 1921 Snake Rd., Waterdown Contact: Nurse Coordinator Phone 905-689-5244 Fax: 905-689-5244 E-mail: samflam@cogeco.net www.samprogram.ca</p> |
| <p>The Salvation Army Mountberry Adult Day Program 300 Winterberry Dr., Stoney Creek Contact: Nurse Coordinator Phone: 905-573-0635 ext. 23 Fax: 905-573-9414 E-mail: janice_ferguson@can.salvationarmy.org</p> | <p>St. Joseph's Villa Day Program 56 Governors Rd., Dundas Contact: Intake Coordinator Phone: 905-627-9011 ext. 2325 Fax: 905-628-0825 E-mail: l_cook@sjv.on.ca Or tjohnson@sjv.on.ca www.seniorsinmotion.net</p> | |
| <p style="text-align: center;">Macassa Lodge Adult Day Service and Special Needs Service (Friday only)</p> <p style="text-align: center;">701 Upper Sherman Ave., Hamilton Contact: Program Coordinator Phone: 905-546-2800 ext. 1627 Fax: 905-546-4989 Lorri.Czajka@hamilton.ca</p> | | |

Hamilton Special Needs Adult Day Service Providers Contact Information

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| <p>The Salvation Army Meadowlands Adult Day Program 187 Stone Church Rd., Ancaster Contact: Nurse Coordinator Phone: 905-573-0635 ext. 23 Fax: 905-573-9414 E-mail: janice_ferguson@can.salvationarmy.org</p> | <p>St. Joseph's Villa Special Needs Program 56 Governors Rd., Dundas Contact: Intake Coordinator Phone: 905-627-9011 ext. 2325 Fax: 905-628-0825 E-mail: l_cook@sjv.on.ca</p> | <p>VON Hamilton/Niagara Adult Day Program 400 Victoria Ave. N., Hamilton Contact: Nurse Coordinator Phone: 905-523-1055 Fax: 905-527-6063 E-mail: vonhamilton@von.ca www.von.ca</p> |
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Community Care Access Centre (CCAC) 905-523-8600

Hamilton Adult Day Service Integrated Programs

Integrated ADS Programs are intended for older adults who may be frail and cannot participate in community based recreational programs. Adults who attend Integrated Programs may be socially isolated, or may have need for personal care support due to a long term chronic condition such as stroke, Parkinson's Disease, diabetes, and/or early to moderate stages of dementia.

Programs provide social, recreational, cognitive and physical activities in a structured and supervised setting. Services include a full course hot meal, refreshments, medication reminders and personal care assistance. All programs offer a senior based daily exercise program designed to promote physical well being and optimize health. Refer to the chart below for additional services offered at each site. Financial assistance with the Program fee may be available to individuals who qualify. ADS Programs will facilitate transportation services as available.

| Integrated Adult Day Services Agency Profile | Locations | Program Hours | Program Days | Daily Fee **check with agency** | Staffing RN/RPN | Feeding | Tube Feeding | Special Diets | Incontinence Care | Catheter/Colostomy Care (staff assisted) | Mechanical Lift | Secured Environment | Senior Fitness Facility | Pool Program | Additional Services Available |
|---|---------------------|----------------------|---------------------|--|------------------------|----------------|---------------------|----------------------|--------------------------|---|------------------------|----------------------------|--------------------------------|---------------------|--|
| Kiwanis Adult Day Program | East Hamilton | 8:30 - 4:00pm | M - F | Y | N | Y | N | Y | Y | Y | N | N | N | Y | |
| Macassa Lodge Adult Day Program | East Mountain | 9:00- 3:30pm | M - TH | Y | N | Y | N | Y | Y | Y | N | Y | N | N | |
| Mountberry Adult Day Services | East Mountain | 9:30 - 3:00pm | M - F | Y | N | Y | N | Y | Y | N | N | N | N | N | Agency Transportation Available |
| SAM Program Central/East/ Flamborough | Central East & West | 8:30 - 4:00pm | M - F | Y | Y | Y | Y | Y | Y | Y | N | N | Y Flam | N | Aphasia Conversation Programs Accessible Computer Program – Flam site |
| Goldie's Place at Shalom Village | West Hamilton | 9:00 - 4:00pm | M - F | Y | N | Y | N | Y | Y | Y | N | Y | Y | N | Agency Transportation May Be Available |
| St. Joseph's Villa Seniors Day Program | Dundas | 8:30 - 6:00pm | M - F | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y | SIM GYM, Clinics: foot, ENT, Dermatology, bathing |

Hamilton Adult Day Service Special Needs Programs (For persons with moderate to advanced dementia)

Special Needs ADS Programs are intended for adults who have a moderate or advanced dementia and require frequent cuing, direction, and supervision. Specialized Programs offer small group settings and constant staff support and supervision. Staff offer assistance with behavioral habits, provide guidance and cuing during all activities and help with personal care needs.

Programs include social, recreational, cognitive and physical activities within a secure and locked facility so that participants are safe from wandering outside of the Program.

Services provided will include a full course hot meal, refreshments, medication reminders and personal care assistance. All offer a senior based daily exercise program designed to promote physical well being and optimize health.

Financial assistance with the Program fee may be available to individuals who qualify. ADS Programs will facilitate transportation services as available. Refer to the chart below for additional services offered at each site.

| Special Needs Adult Day Services Agency Profile | Locations | Program Hours | Program Days | Daily Fee **check with agency** | Staffing RN/RPN | Feeding | Tube Feeding | Special Diets | Incontinence Care | Catheter/Colo stomy | Mechanical Lift | Secured Environment | Additional Services Available |
|--|------------------|--|---------------------|--|----------------------------|----------------|---------------------|----------------------|--------------------------|----------------------------|------------------------|----------------------------|---|
| Macassa Lodge Adult Day Program | East Mountain | 9:00 - 3:30pm | F | Y | N | Y | N | Y | Y | Y | N | Y | |
| Meadowlands Adult Day Services | Ancaster | 10:30-4:30pm | M - F | Y | Y | Y | N | Y | Y | Y | N | Y | Agency Transportation Available |
| St. Joseph's Villa Special Needs Day Program | Dundas | 8:30 - 6:00pm | M - F | Y | N | Y | Y | Y | Y | Y | N | Y | SIM Gym, Clinics on site for foot care, dermatology, wound care, bathing, salon |
| VON Hamilton/Niagara Adult Day Program | Central Hamilton | 8:30-4:30pm Sat: 9:00-4:00pm | M - S | Y | Y | Y | Y | Y | Y | Y | Y | Y | Overnight Respite Stay \$38.00 4:00pm-4:00pm Caregiver Support Counseling & Education Services |

Hamilton Adult Day Service Heavy Physical Needs Program

This program is intended for adults who are generally cognitively well, but have heavy physical care needs which require one to one staff assistance. This site has mechanical lifts available for assistance with transfers. The program is designed to meet the complex physical care needs of clients while they participate in social, recreational, cognitive and physical programs in a structured and supervised setting.

Services provided will include a full course hot meal, refreshments, medication reminders, personal care assistance and a daily exercise program designed to promote physical well being and optimize health.

Financial assistance with the Program fee may be available to individuals who qualify. The provider will facilitate transportation services as available. Refer to the chart below for additional services offered.

| Heavy Physical Needs Adult Day Services Agency Profile | Locations | Program Hours | Program Days | Daily Fee **check with agency** | Staffing RN/RPN | Feeding | Tube Feeding | Special Diets | Incontinence Care | Catheter/Colostomy Care | Mechanical Lift | Secured Environment | Additional Services Available |
|--|-----------|---------------|--------------|------------------------------------|-----------------|---------|--------------|---------------|-------------------|-------------------------|-----------------|---------------------|--|
| St. Joseph's Villa Day Program | Dundas | 8:30 - 6:00pm | M - F | Y | N | Y | Y | Y | Y | Y | Y | N | SIM Gym access, Clinics: foot, ENT, Dermatology, bathing |

Hamilton Adult Day Service Unique Programs

In addition to standard ADS services provided, the following service providers offer distinctive services that respond to individuals with unique needs.

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| SAM Aphasia Program Supported Conversation Groups | East & West | 8:30-4:00pm | M - F | Y | Y | Y | Y | Y | Y | Y | N | N | Y |
| VON Hamilton Niagara Acquired Brain injury (ABI) Program | Central Hamilton | 8:30 – 4:30pm | W | Y | Y | Y | Y | Y | Y | Y | Y | Y | Y |