

# Seniors Community Programs

Seniors Community Programs operates a wide range of programs for Niagara's older population. Seniors Community Programs assist seniors and their families/caregivers by providing information and support for specialized programs and services that will help enrich their lives and may enable them to remain in their homes longer.

## **Adult Day Service:**

Adult day service primarily serves older adults who are living alone or with family in the community, and who require active involvement in a formalized group setting. The service also provides family caregivers with respite from the demanding caregiver role.

Specialized adult day service for dementia is offered at the St. Catharines location and day service for stroke at a Niagara Falls location.

The Niagara Region operates ten Adult Day Services. All Regional long-term care facilities except Rapelje Lodge and Deer Park Villa offer Day Programs on site. Programs operated in the community include Fairhaven Day Program in Niagara Falls and West Niagara Day Program in Grimsby.

## **Supportive Housing:**

An alternative housing program that assists older adults in transition from independent living to a living arrangement within carefully selected and supervised residences. Individual needs are recognized in an environment that offers support and assistance to enable the individual to optimize health and well-being and preferred lifestyle.

## **Respite Companion Program:**

This program provides a quality in-home respite service for persons with dementia and their caregivers. Respite workers are trained to provide supervision, sensory stimulation, companionship and meaningful activity to individuals with memory loss, in their own homes, while offering relief to the primary caregivers.



## **Client Intervention and Assistance:**

This service provides support in stabilizing critical situations. Working together with the senior, a plan is established that will support the person's desire to remain independent in the community. The target groups are vulnerable and "at risk" seniors, older persons with physical disabilities and/or their care providers, and may include people facing impending life changes, abuse, or isolation.

## **Other Services Provided by Seniors Community Programs**

**Information and Referral:** In response to inquiries, general information and referral are provided for older persons and their families.

**Caregiver Education and Information:** Presentations and sharing of information on service supports or specific caregiving issues can be arranged for individuals or groups.

**Overnight Respite:** A support program to caregivers offering overnight accommodation to older adults with dementia, at the T. Roy Adams Regional Centre for Dementia Care – Respite Centre, St. Catharines.

**Elder Abuse Prevention:** Presentations on elder abuse, recognition of risk signs and strategies to minimize risks can be arranged.

**Niagara Gatekeepers:** In partnership with the Niagara Gatekeepers Task Force, Seniors Community Programs offers presentations, support and general information about the program which educates the public on signs of risk or vulnerability that may be exhibited by older adults, so that early intervention can be provided. Service provision is client directed and always with consent. The Gatekeeper Hotline is 905-984-0698.

For information on any Seniors Community Program and for admission to Adult Day Service, please call or visit:

Seniors Community Programs  
Campbell East  
2201 St. Davids Road  
P.O. Box 344  
Thorold, ON L2V 3Z3  
Phone 905-984-2621 or 1-877-212-3922  
Fax 905-984-6409

[www.regional.niagara.on.ca/living/seniors/programs/default.aspx](http://www.regional.niagara.on.ca/living/seniors/programs/default.aspx)

