

Getting out of the house and socializing can make a world of difference for many people – especially those who may have suffered a stroke, Parkinson's disease, MS or other progressive disorders.

The **Adult Recreation Therapy Centre (ARTC)** is an excellent community resource in Brantford and Paris which offers an adult day program featuring structured activities for people who can benefit from them.



ARTC Executive Director Lori Santilli says there are a variety of activities daily at the newly-built facility located on Easton Road in Brantford with a satellite location in Paris.

“Our mandate is to help people trying to remain independent remain in the community,” Santilli says.

ARTC has many activities on offer including a program called “SKIP” or *Seniors and Kids Intergenerational Programming* which matches elementary school students with ARTC clients.

Santilli says both sides benefit from the program. “Students learn interviewing skills and for some who don’t have a grandparent, it gives them an opportunity to interact with people and take back that experience to the classroom.”

One of the most important results is that students learn to become sensitive to seniors and people with disabilities.

ARTC is not a drop in program – it’s a program that accepts referrals from CCAC, family physicians, health care professionals, families and friends.

According to Patient Care Manager Susan Gibson, the programming helps individuals and provides a break for their caregivers.

“Caregivers can drop off their loved ones for the day knowing they’re in a good place where they’ll have a warm lunch and participate in activities, freeing up some time for the caregiver to take care of their own needs,” Gibson says.

“At the end of the day, their loved one will come home after a full day of programming and the caregiver has had some personal time for themselves.”

ARTC provides programs focused on providing caregiver relief including support groups.

Find out more about ARTC by visiting their website at www.artc.ca