

Mississauga Halton region

Adult Day Programs



Mississauga
Halton

CCAC **CASC**

Community
Care Access
Centre

Centre d'accès
aux soins
communautaires
de Mississauga
Halton

What is an Adult Day Program?

Adult Day Programs provide fun, engaging activities in the community for people with physical or cognitive challenges, as



well as those with Alzheimer's disease and related dementias. There are 10 Adult Day Programs at 17 locations in the region. Check out our [brochure](#) to see a map of the locations.

Benefits for your patient

- Friendly, trained experts lead fun activities that make your patient feel safe and comfortable.
- Opportunities for new friendships and fun – patients can enjoy time with others, doing activities they love, while receiving the care they need.
- Diverse programming and languages are offered. Mentally and physically stimulating activities are tailored to your patient's individual interests, needs and abilities.

Benefits for caregiver

- When caregivers know their loved one is safe and having fun, they can take time to complete personal tasks and reconnect with their own life or friends.
- Partial or full-day programming is offered throughout the week and extended hours are offered on weeknights and weekends at select locations. Flexible hours make it easy to fit your patient's and their loved one's individual needs and schedules.

How your patient can apply to Adult Day Programs in the Mississauga Halton region

- Your patients and their loved ones can watch [videos](#) of the programs available in the region and call the programs they're interested in attending to book a tour.
- Your patients or their loved ones can then call their Mississauga Halton CCAC care coordinator, or the Mississauga Halton CCAC at 310-CCAC (no area code required) and complete a "choice form" to be referred to their preferred program.
- The selected program will contact your patient or their loved ones to discuss suitability, fees and admission.

How long will this process take?

- If the chosen Adult Day Program has space, your patient can begin attending immediately.
- If there is a wait list, the Adult Day Program staff will discuss the wait list process with your patient and their loved ones, as well as other options to assist them while they wait for a spot in their choice program.

Eligibility criteria

The Mississauga Halton CCAC will assess if your patient is eligible for an Adult Day Program. Each program has its own patient suitability and admission requirements. These are discussed with your patient, their loved ones and the provider after their referral.

Activities offered at Adult Day Programs

Each program offers a different combination of activities and services, including:

- Exercise programs
- Group discussions and reminiscing
- Art therapy and crafts
- Singing/ music programs
- Social outings
- Gardening and horticulture therapy
- Board and card games
- Recreational activities
- Nutritious meals and snacks

Optional services include:

- Transportation to and from the program
- Foot care and other medical clinics
- Assistance with activities of daily living
- Bathing
- Hairdressing and esthetics
- Aphasia support
- Caregiver support and education



Our patients tell us:

"It's like a home away from home. The staff is very friendly and we work together on activities and exercises every day."

"I think the people who come here are very wonderful, and so are the ones who look after us. It's a great place to come. I would highly recommend the program."

"I like coming here because it's fun; it keeps me educated and active. You learn a lot and meet new friends."

Caregivers/loved ones tell us:

"For my mother, I've found that since coming here she's become friendlier, she's more responsive and she's willing to do more exercises and activities. I would recommend the program to other families with elderly parents. It's beneficial to us all."

"My husband now makes things; he does things; he has so many new friends. The program has enriched his life and made it so that he probably will not have to go into a long-term care home. When I go to work, I am confident he is well taken care of at the program."

Learn more about Adult Day Programs

Your patient can contact the program directly to book a tour or to learn more about it (e.g. program availability, cultural sensitivities, transportation options).

Visit the Mississauga Halton CCAC website www.healthcareathome.ca/mh to watch [video tours](#) of the 10 Adult Day Program providers in our region and access contact information. The videos use an apples-to-apples approach to highlight each program's benefits and features.

You and your patient can also contact the Mississauga Halton CCAC and speak with a placement care coordinator if you have questions about eligibility and referral.

Contact the Mississauga Halton CCAC

310-2222 (no area code required)

Fax 905-855-8989

www.healthcareathome.ca/mh

www.mississaugahaltonhealthline.ca

The Mississauga Halton CCAC is open seven days a week, 365 days a year.