

- Has a caregiver who will benefit from their involvement at Wellness House.
- Have physical and behavioral care needs that can be managed by staff.

REGISTRATION

Clients must be referred through the Hamilton Niagara Haldimand Brant Local Health Integration Network (HNHB LHIN) at 905-639-5228.

HOURS

| | |
|----------------|------------------|
| Monday -Friday | 9:30a.m. – 3p.m. |
| Saturday | Once Monthly |

TRANSPORTATION

Transportation can be arranged for clients who need assistance.

- Wellness House van
- Handi-Van
- Red Cross
- Private Drives

FEES

Co-Payment Fees

Include the cost of services, hot lunch and snacks. Subsidies may be available for those who qualify.

| | |
|----------|------|
| Full-day | \$32 |
| Half-day | \$22 |

Other Fees

| | |
|---------------------|----------|
| Assessment | \$40 |
| Foot care | \$20 |
| Document Assistance | Variable |

FUNDING

Funding for our program is provided by the Ministry of Health & Long-Term Care, Joseph Brant Hospital, client copayments and local donation and support.

CONTACT

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Adult Day & Caregiver Support Program

ABOUT US

Our Mission is to support the maximum potential of our clients and caregivers, and enhance their quality of life.

Wellness House is a barrier-free and welcoming adult day program.

We offer a wide range of therapeutic recreation activities, including but not limited to:

- crafts
- discussion groups
- games
- gardening
- trivia

We also provide physical therapy and occupational therapy to promote independence and encourage the learning of new skills.

Our Approach

We utilize a holistic approach to assist clients and their support network to achieve maximum independence and maintain quality of life.

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Our team

Our team of health care professionals have expertise in:

- therapeutic recreation
- physical therapy
- occupational therapy
- nursing

ADULT DAY PROGRAM

All clients undergo a needs assessment. Assessments are performed together with the client and caregiver(s).

Once assessed, a program plan is established and attendance is scheduled.

Clients may attend one or more times per week, and participate in individual or group sessions to achieve their program goals.

Programs may include:

- One-to-one therapy as required
- Exercise groups and walking program

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- Activities of daily living (ADL) and memory/cognitive groups
- Leisure skills and opportunities
- Nail care/personal care assistance
- Health monitoring/self-care teaching
- Health/wellness teaching
- Specific individual and group education

CAREGIVER SUPPORT PROGRAM

Wellness House also offers one-to-one and group education and support in the role of care giving. They include maintaining caregiver health and well-being.

ELIGIBILITY

- Adults (over 18 years of age)
- Valid Ontario Health Card holder.
- Requiring physical, cognitive and/or social services and wellness education to improve or maintain their best level of function.
- Lives in a community setting.
- Is able to leave their home for at least three hours.

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