

About Carefirst's Adult Day Program

Carefirst's Adult Day Program adopts integrated care concept and interdisciplinary team based approach. We provide a safe, supportive and enjoyable environment for older adults and adults with disabilities. We work together with the seniors and their caregivers to:

- Enable seniors to achieve and maintain their maximum level of functioning
- Enable seniors to live a quality and enriched life in the community
- Provide respite and support for caregivers

Carefirst INTEGRATE Model of Care Coordination Hubs

Carefirst INTEGRATE Model of Care is a Canadian version of PACE Model (Programs of All-inclusive Care for the Elderly). PACE is a proven model of care, providing integrated services. Our Adult Day Centres are well equipped and set up as Care Coordination Hubs, delivering comprehensive services under one roof. Please contact us for any enquiry about how you can benefit from Carefirst INTEGRATE Model of care, at the phone number:

416-502-2323



Carefirst is a non-profit charitable organization, established in 1976. Our mission is to ensure seniors & where appropriate, others in need of services, in the Greater Toronto Area and the surrounding areas live a quality and enriched life in the community. Specifically, we strive to promote and enhance their personal wellness through a range of social, health care, and supportive services, planned and delivered on a holistic basis.

Carefirst Seniors & Community Services Association

300 Silver Star Blvd., Scarborough
Ontario M1V 0G2
Tel: 416-502-2323 Fax: 416-502-2382
info@carefirstseniors.com
Website: www.carefirstseniors.com



Adult Day Program



*Join us make new friends,
feel at home and participate
in stimulating activities to keep
you feeling young at heart!*



Comprehensive Programs & Services

Carefirst Adult Day Program delivers specialized activities and services for older adults with different needs:

Socialization & Wellness Activities

- Exercise, Tai Chi and Falls Prevention Program
- Music & Entertainment
- Birthday Party & Festive Celebrations
- Arts Therapy
- Cooking Fun
- Recreation Therapy
- Men's Club
- Gardening
- Music Therapy

Health Services

- Health Monitoring & Medical Check up
- Memory Enhancement Activities
- Diabetes Education and Nutritional Counselling
- Diabetic Eye Screening as needed
- Hearing Counselling as needed
- Geriatric Consultation
- Physiotherapy *
- Foot Care *

Other Services:

- Hot and Nutritious Meals (dietary & cultural needs included)
- Supportive Counselling
- Referrals for Related Community Services
- Caregiver Respite and Support
- Shower Assistance in our walk-in and wheel-in shower facility*
- Transportation Arrangement*

* Additional service fee applies

3 Locations

Accessible at 3 convenient locations in Scarborough and York Region.

Scarborough (2 sites)

Carefirst One-Stop Multi-Services Centre Carefirst Adult Day Centre

300 Silver Star Blvd., 2/F
Scarborough, ON
M1V 0G2

Tel: 416-847-0277

Languages:

- Multi-lingual



Carefirst Adult Day Centre

3601 Victoria Park Ave.
Suite 209
Scarborough, ON
M1W 3Y3

Tel: 416-649-1212

Languages:

- English
- Chinese (Cantonese, Mandarin)



Richmond Hill

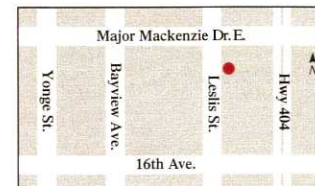
Ip Fu Ling Fung Adult Day Centre

9893 Leslie Street
Richmond Hill, ON
L4B 3Y3

Tel: 905-780-9646

Languages:

- English
- Chinese (Cantonese, Mandarin)



Service fee and services available in each centre may vary.



Program Hours

Monday to Friday: 9:30am to 3:00pm

Saturday: 9:30am to 3:00pm

Extended Hours: 8:00am to 6:00pm *

* Additional service fee applies

Who Might Benefit?

Older Adults aged 55 or above and/or those who:

- Experience functional limitation due to physical behavioural and cognitive impairments
- Experience social isolation with limited family and/or peer support
- Are unable to participate independently in community programs

How to Join:

Please contact us at your preferred location for more information.

