

REGISTRATION

Clients must be referred through Ontario Health at Home. They can be reached at 905-639-5228.

PROGRAM HOURS Monday-Friday

Full Day	10:00a.m. - 3:00p.m.
Half Day Morning	10:00a.m. - 12:00p.m.
Half Day Afternoon	1:00p.m. - 3:00pm.

TRANSPORTATION

Transportation can be arranged for clients who need assistance.

- Wellness House Bus
- Handi-Van (Burlington Transit)
- Red Cross
- Private Drive
- Taxi

FINANCIAL ASSISTANCE

Halton Region offers financial assistance for those who qualify. Please call 905-825-6000, and ask about "Adult Day Program Funding" to review eligibility.

FEES

Co-Payment Fees

Full-day includes the cost of services, hot lunch and snacks. Subsidies may be available for those who qualify.

Full-day	\$33
Half-day	\$25

Other Fees

Assessment	\$40
Form Completion	\$20

FUNDING

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

CONTACT US

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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 / Trivia
- Gardening
- Live Entertainment
-and much more

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.

OUR TEAM

Our team of health care professionals have expertise in:

- Therapeutic Recreation
- Physical Therapy (not eligible for private insurance billing)
- Occupational Therapy

ADULT DAY PROGRAM

All clients undergo a needs assessment before starting the program. Assessments are completed 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:

- Group-based therapy with individualized goals.
- Exercise groups and walking program.
- Leisure skills and opportunities.

- Activities of daily living (ADL) and memory/cognitive groups.
- Health monitoring/self-care teaching
- Health/wellness teaching.
- Specific individual/group education.

CAREGIVER SUPPORT PROGRAM

Wellness House also offers one-to-one and group education and support in the role of care giving. This includes 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.
- Has a caregiver who will benefit from program support.
- Have physical and behavioral care needs that can be managed by staff in a group setting.
- Cannot accommodate clients needing 1:1 or who are exit seeking.