

B.O.O.S.T. Adult Day Program for Neurological & Frailty Support

155 Deerhide Crescent, Monday to Friday, 8:30 a.m. to 3:30 p.m.

B.O.O.S.T. is an Adult Day Program for clients living with stroke, neurological disorders, or who are frail. Holistic recreation programming is provided to meet clients' physical, cognitive, social and emotional needs.

G.L.O.W. Adult Day Program for Alzheimer's & Related Dementia

155 Deerhide Crescent, Monday to Friday, 8:30 a.m. to 3:30 p.m.

G.L.O.W. is an Adult Day Program for clients living with Alzheimer's disease or related dementia. Holistic recreation programming is provided to meet clients' physical, cognitive, social and emotional needs.

HOPEWELL Adult Day Program for Psychogeriatric Support

155 Deerhide Crescent, 8:30 a.m. to 3:30 p.m. Monday-Friday

Hopewell is for older adults who reside in the community and wish for additional support in a group environment. This program serves clients 55+ living with a diagnosis of depression, generalized anxiety or bipolar disorder

R.I.S.E. Adult Day Program for Social Convening & Support

495 Wilson Avenue, Monday to Thursday, 8:30 a.m. to 3:30 p.m.

R.I.S.E. Adult Day Program serves clients living in the community who wish to participate in social programming and connect with peers, and require additional support throughout the day. This program offers assistance to moderately frail clients or those living with mild cognitive impairment while providing beneficial recreational programming and structured social engagement.

VALLEYVIEW Adult Day Program

541 Finch Avenue West, 8:30 a.m. to 3:30 p.m.

Monday, Wednesday, Friday (Dementia Program), Tuesday, Thursday (Mobility & Frailty Support)

The VALLEYVIEW Adult Day Program is a unique program split five days a week. It is designed to serve clients living with Dementia three days a week (Monday, Wednesday, Friday), and clients with mobility difficulties or who are frail two days a week (Tuesday, Thursday). We offer seamless provision of 24/7 care through integration with our SUNSET Overnight Program.

SUNSET Overnight & Respite Support

541 Finch Avenue West

Overnight stay

The SUNSET Overnight Program provides short term overnight and day stays for clients who require 24-hour care. The program offers a safe and cozy atmosphere with support provided by trained Personal Support Workers (PSWs). We offer seamless provision of 24/7 care through integration with our VALLEYVIEW Adult Day Program.

CONNECT WITH US!

T: 647.508.5862 | TF: 1.833.338.5862

www.lumacare.ca | info@lumacare.ca | [@lumacare1974](https://twitter.com/lumacare1974) | [#PeopleHelpingPeople](https://www.facebook.com/PeopleHelpingPeople)

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ASSISTED LIVING SERVICES (ALS) HOME AND COMMUNITY CARE (HCC) referral for those who qualify

ALS provides 24/7 in-home support to high-risk clients 65 years plus living in the community. Our hub site is located at 2195 Jane Street. We support the clients living in the North York and Etobicoke area. HCC T: 416.222.2241.

CARE COORDINATION Call to book your free needs assessment

Lumacare understands the demands of aging at home and living independently. Our friendly Client Care Navigators are available to provide a free, in-home needs assessment and support in finding appropriate resources.

FOOT CARE CLINIC \$10.60/Session

Lumacare's Foot Care Clinic provides preventative care and supports with existing chiropodist issues - so that your feet never hold you back. Occurring monthly, a trained foot care nurse provides one-on-one care including diabetic foot care, ingrown, fungal, thickening nails, trimming, corns and calluses.

HEALTHIER LIVING CENTRE (HLC) Events/outings at cost

The Healthier Living Centre (HLC) is for independent clients 55+ who wish to be physically active, meet new friends, engage in recreational activities and special events, as well as attend excursions. An HLC membership gives clients access to a large variety of weekly fitness and recreational programming.

HOME AT LAST (HAL) Free service for those who qualify through hospital discharge

Monday to Friday 8:00 a.m. - 6:00 p.m., Weekends 8:00 a.m. to 4:00 p.m.

Provides a smooth transition from hospital to home. The program ensures clients are supported when returning home from short or long term hospital stays and includes transportation, light housekeeping, and a frozen meal and care navigation.

MEALS ON WHEELS (MoW) Complete Meal (Entrée, soup & dessert): \$7.35; Entrée: \$5.30; Single Item (Dessert or Soup): \$2.05. Deliveries are scheduled 3 times per week.

Our friendly volunteers deliver frozen meals right to your front door. Meals consist of a variety of soup, entrées, and desserts.

PERSONAL CARE, HOMEMAKING, AND RESPITE CARE From \$19.75/Hour (2-hour minimum for homemaking)

Our friendly Personal Support Workers (PSWs) can help you with personal care, respite care and chores in your home to help ensure your independence while also providing relief for family and caregivers. Short term in-home overnight PSW stays are available.

TRANSPORTATION Please call to inquire about pricing

For booking rides office hours: Monday to Friday 8:00 a.m. to 5:30 p.m.

Rides available Monday to Friday 8:00 a.m. to 4:00 p.m., and Sunday 8:00 a.m. to 5:00 p.m.

Our transportation department in partnership with iRide Plus Toronto provides easy and affordable driving services to help clients navigate the city. Rides may include medical appointments, social gatherings, shopping, and Adult Day Program visits.

All of the programs and services Lumacare offers can be found on our website or by calling our Command Centre Monday-Friday from 8:00 a.m.-6:00 p.m., or on weekends 8:00 a.m. - 4:00 p.m.

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