

B.O.O.S.T. Adult Day Program for Neurological & Frailty Support \$24.20/Day

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 those 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 \$43.40/Day

155 Deerhide Crescent, Monday to Friday, 8:30 a.m. to 4:30 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 \$12.20/Day

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

This program serves clients 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 \$25.90/Day

497 Wilson Avenue, Monday to Friday, 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 to Friday (Dementia Program) \$29.30/Day, Tuesday and Thursday (Mobility & Frailty Support) \$22.50/Day

The VALLEYVIEW Adult Day Program is a unique program split five days a week. It is designed to serve clients living with Dementia five days a week (Monday to Friday), and clients with mobility difficulties or who are frail two days a week (Tuesday and 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: \$45.00/Night, Overnight Stay plus Adult Day Program: \$74.20/ Each Day + Overnight

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://www.instagram.com/lumacare1974) | [#PeopleHelpingPeople](https://www.facebook.com/PeopleHelpingPeople)

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

ALS provides 24/7 in-home support to high-risk clients 65+ living in the community. We support clients living in the North York and Etobicoke areas. Direct Line for HCC: 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 \$11.20/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) No Annual Membership 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. Clients have access to a large variety of weekly fitness and recreational programming, including virtual and in-person exercise classes at no cost.

SPECIAL EVENTS & OUTINGS Varied Rates (registration required) Multiple Locations

Under the HLC umbrella, Lumacare offers various special events, outings, and opportunities to clients with shared interests to engage in social activities and spend quality time with friends.

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): \$8.10; Entrée: \$5.90; Single Item (Dessert, Soup, or Breakfast): \$2.30.

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 \$22.70/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

Office Hours to Book Rides: 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.

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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