

Office Hours:

Monday - Thursday 8:30am - 4:00pm
Friday 8:30am - 3:00pm

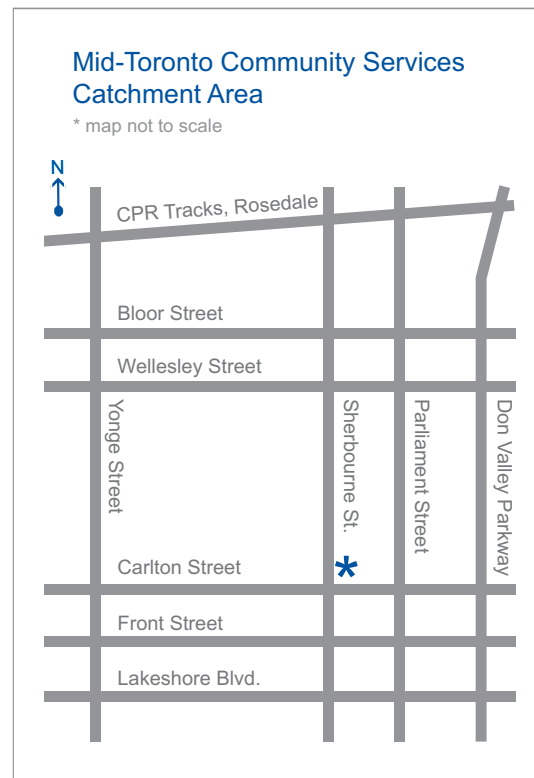


How do I get Started? Contact Information

Call the Intake Department and the Intake Coordinator will guide you through the intake process.

Your referral will be forwarded to the program coordinator who will conduct an in-home assessment and provide additional information and answer questions.

Contact the Intake Coordinator at:
416-962-9449 ext. 222
intake@midtoronto.com



The Respite Care Program

One-on-one in-home relief
for caregivers



The Respite Care Program provides one-on-one, in-home relief for caregivers of individuals who require assistance due to physical and/or cognitive impairments. It provides stimulation, assistance, encouragement, motivation and companionship to clients.

Purpose

The objective of this program is to:

- Assist clients with activities of daily living: personal hygiene, dressing, toileting, etc.
- Maintain or improve client's activity of daily skills living
- Provide relief to primary caregiver(s)
- Defer premature institutionalization of clients
- Provide client assessment

Referrals

Referrals are accepted from family, friends, doctors, community care access centres, health care professionals and social workers. Self referrals are also permitted.

Eligibility

- Available to seniors and adults with disabilities who require assistance with activities of daily living in their own homes
- Individuals living alone or with a caregiver who needs relief
- Live within the primary or secondary catchment area

Operating Hours

This service is available 7 days a week from 8:00 am to 8:00 pm (with the exception of statutory holidays).

This service is available on an ongoing, temporary or emergency basis.

Program Details

Staff

Respite care service is provided by staff who have personal support worker training.

\$6.00 per hour (minimum 2 hours).

Services

- Assisting clients with activities of daily living
- Providing stimulating appropriate activities which promotes/supports independence
- Assist with personal care activities such as toileting, changing incontinence products, washing hair, shaving, etc.
- Provide medication reminders
- Provide light cleaning that ensures client comfort/safety
- Light meal preparation
- Assist with shopping and errands

Activities

Activities offered may include the following:

- Reminiscing
- Recording memories
- Scrapbooking
- Reading
- Outings to the library
- Shopping
- Banking
- Games
- Going for walks