

Respite Care for Seniors

<u>WHERE</u>	<u>ABOUT</u>	<u>COST</u>	<u>CONTACT</u>
<p>12 Elliott Street, Perth ON Monday – Friday</p>	<p style="text-align: center;"><u>PEP Seniors Therapeutic Centre</u></p> <p>Perth – This day program for seniors operates Monday to Friday from 9:30am until 3pm at the Elliot Street Clinic. Every day PEP provides a therapy centered program for participants which includes a physiotherapy assessment, cognitive stimulation and socialization. Each day the clients participate in one hour of stretching and strengthening exercises as well as activities to engage their bodies and minds.</p> <p>A continental breakfast, and hot lunch is served. Upon registration each client undergoes recognized assessments that help to identify their concerns and needs. These assessments aid in the development of a program specific to their client goals.</p>	<p>\$50/per day (Perth)</p>	<p>(613) 201-7172 info@morepep.ca</p>
<p>91 Cornelia Street W Suite 118 Smith’s Falls Tuesdays and Thursdays</p>	<p>Smith’s Falls –This day program for seniors, is open Tuesday and Thursdays from 9:30am till 3pm at 91 Cornelia Street Suite 118. PEP provides a therapy centered program for participants which includes a physiotherapy assessment, cognitive stimulation program and socialization. Each day the clients participate in one hour of stretching and strengthening exercises as well as activities to engage their bodies and minds. A continental breakfast is provided and clients bring their own lunch. Upon registration each client undergoes recognized assessments that help to identify their concerns and needs. These assessments aid in the development of client’s goals.</p>	<p>\$35/per Day (Smiths Falls)</p>	<p>(613) 201-7172 info@morepep.ca</p>

Respite Care for Seniors

<p>115 Christie Lake Rd, Perth Monday - Thursday</p> <p>453 Ottawa Street, Almonte Monday, Wednesday and Thursday</p> <p>5 Bates Drive Unit 13 Carleton Place Monday -Friday</p> <p>179 Elmsley St, Smith's Falls Monday-Wednesday, and Friday</p> <p>100 Strowger Blvd, Unit 107, Brockville Mondays and Wednesdays</p>	<p style="text-align: center;"><u>Day Away Program</u> <u>Alzheimer's Society</u></p> <p>This day program is a social program for individuals with Alzheimer's disease, related dementia and the frail elderly. The program runs from 9:30am to 3pm.</p> <p>The goal is to provide socialization and support for individuals who reside at home while providing the caregiver with respite relief.</p> <p>The program provides supervised programming in a group setting, assisting clients to achieve and maintain physical, intellectual and social abilities, alleviate isolation and loneliness, provide caregivers with respite and helpful information, and help people to live in the community as long as possible.</p> <p>Some of the activities include exercise and games that promote the benefits of movement, activities that provide mental stimulation and promote brain health, one on one group conversation, musical activities and recreation, gardening, and asset focused activities to build self-esteem.</p>	<p>\$20/per day</p>	<p>613-345-7392 (Universal number for all sites)</p> <p>alz@alzllg.ca</p>
---	---	-------------------------	---

Respite Care for Seniors

<p>Unit 155, 179 Elmsley Street North, Smiths Falls, ON Friday starting at 4pm until Monday at 2:30pm</p>	<p><u>The Overnight Stay Care Program- Alzheimer Society of Canada</u></p> <p>-The Overnight respite stay Care Program offers three beds per weekend in a safe and comfortable environment. The program promises to be an enjoyable experience for the participants, while offering respite for caregivers. The overnight respite, provides a mix of social, cognitive, and other related support services. They use individualized care plans that help participants achieve and maintain their maximum level of functioning.</p> <p>The program always has two qualified staff members on duty to assist with: Personal care, Medication assistance, Healthy meals and snacks, Cognitive, social, and physical stimulation to maintain health and independence and Access to gentle exercises.</p> <p>This program will provide overnight, safe respite for the caregiver's peace of mind. During the day, the person living with dementia will benefit from therapeutic programming tailored to meet their needs, in a small, secure, homelike setting.</p> <p>As part of the eligibility process, the client must have a completed assessment from Home and Community Care Support Services.</p>	<p>Fee of \$135.00</p>	<p>To register, for more information, or to book an appointment please contact Sarah Robertson at 1-866-576-8556.</p>
---	--	------------------------	---

Respite Care for Seniors

<p>2235 Parkdale Ave, Brockville Seniors Support Services Wednesdays</p>	<p><u>Parkinson's Day Program</u> <u>Seniors Support Services</u></p> <p>This day program is specifically for those living with Parkinson's, and is designed and implemented by qualified staff. The program runs Wednesdays from 9am – 3pm. It consists of a full day with social and recreational activities, including exercise, crafts, games, trivia and coping strategies.</p> <p>Included is a nutritious hot lunch, as well as a morning and afternoon snack.</p>	<p>\$50/per day</p>	<p>613-498-1446 info@cphcare.ca</p>
<p>2235 Parkedale Ave, Brockville Monday, Thursday, Friday</p> <p>290 Centre Street, Prescott Tuesday and Thursdays</p> <p>23 Bennett Street. Spencerville, Friday</p> <p>16 Wellington St. E, Athens Wednesdays</p>	<p><u>Adult Day Program</u> <u>Seniors Support Services</u></p> <p>This day program is for clients of all backgrounds, each program runs from 9am-3pm at each location. It includes coffee/tea and muffins, a hot meal and dessert for lunch and a brief afternoon snack. It is a social and recreational group, where they provide exercises, social games, brain stimulation activities, and focuses on having a lot of laughter and fun.</p>	<p>\$22/per day</p>	<p>613-498-1446 info@cphcare.ca</p>

Respite Care for Seniors

<p>Smith's Falls</p> <p>Perth</p> <p>Almonte</p> <p>Carleton Place</p> <p>Brockville</p> <p>Kemptville</p> <p>Chesterville</p> <p>And surrounding area</p>	<p><u>Sweatergang Companions</u></p> <p>Offers day and overnight in-home respite care and companionship. Providing experienced, trusted and compassionate caregiver's that will help you fill in the gaps of care, so you can get the rest you need and deserve. Some of the services include but are not limited to, medication intake, bathing and hygiene, dressing, meal prep, cooking, shopping, light house-keeping, animal care, transportation to and from appointments, errands and outings. They strive to motivate and inspire seniors through engaging conversation and activity. Sweatergang companions makes an effort to match the client with caregivers who have similar interests and experiences to help spark authentic conversation and meaningful friendships.</p> <p>No application needed.</p>	<p>Prices vary depending on service</p> <p>Please call to inquire.</p>	<p>1 800 927 0985</p> <p>info@ sweatergangcompanions.ca</p>
--	---	--	---

Respite Care for Seniors

<p>240 Gore Street E, Perth</p>	<p style="text-align: center;"><u>Lanark Lifestyles Retirement</u></p> <p>This retirement home offers overnight respite care for seniors which includes a suite, 3 meals per day, access to our “Heritage Perth” bistro, featuring snacks and beverages in between meals, last deal bar access for complimentary happy hour every Friday.</p> <p>Lanark Lifestyles includes weekly housekeeping in the suite, flat linen service, personal laundry services, tailored care services planned to meet the individual needs of the resident, medication administration, access to physiotherapy assessment with Perth Physio (if applicable), emergency call system in suite, a wide variety of scheduled activities, events and entertainment, and driving services for scheduled medical appointments in town.</p> <p>The resident will also have access to all amenities within the home, including the piano lounge, library, crafts room, theatre, chapel, gym, auditorium, workshop, and tuck shop.</p>	<p>Prices vary depending on length of stay.</p> <p>No cost for director’s assessment, however clients are required to have paperwork approved and signed by Family Physicians prior to stay.</p>	<p>613-706-6606 info@lanarklifestyles.ca</p>
<p>12 Alma Street Perth</p>	<p style="text-align: center;"><u>Aspira Carolina Retirement Living-</u></p> <p>Aspira Carolina has an option for seniors who need a short-term overnight respite stay in a secure and caring community. Whether a person is recovering after being in the hospital, their family is out of town, or their usual caregivers need a break, the stay includes 24/7 around the clock care to ensure safety of the resident.</p> <p>If the resident needs medicine, the trained staff members will know exactly how to administer it, and supervise its effectiveness. They will help with daily tasks such as washing getting dressed and moving around.</p>	<p>Prices Vary depending on length of stay.</p> <p>No cost for director’s as of assessment, however clients are required to have paperwork signed by Family Physicians prior to stay.</p>	<p>613-267-7000</p>

Respite Care for Seniors

	<p>Everyone gets meals and snacks throughout the day. A variety of options for each meal as well as an a la carte menu to ensure everyone is satisfied at breakfast, lunch and dinner. Special diets are catered to. Clients have access to all of the amenities on site during stay.</p>		
<p>Settlers Ridge Centre, 275 Brockville Street Unit 1A, Smiths Falls</p>	<p style="text-align: center;"><u>Quality Care Solutions</u></p> <p>Quality Care solutions offer Registered Nurses, Registered Practical Nurses, Personal Support Workers and Personal Support Aids to Long-Term Care Homes, and provides in home services to direct pay client. Quality Care solutions focuses on providing care to rural residents and supports activities of daily living including personal support home visiting, in home foot care and respite care including overnight care, general housekeeping, laundry and companionship.</p>	<p>Prices Vary depending on service. For inquiries please call.</p>	<p>613-430-9468</p>
<p>40 Sunset Blvd, Suite 100 Perth</p>	<p style="text-align: center;">Community Home Support Lanark County</p> <p>Offers support for older adults, and adults with disabilities. This service helps people remain in their own homes for as long as possible. They provide assisted transportation, daily chores such as laundry, light housekeeping, pet care, errands, shopping, and meal preparation. They provide in home respite provided by personal support workers to give the caregiver a break. Serving Lanark County and surrounding area.</p> <p>Community Home Support also offers programs such as Diner's Clubs, where your loved one can have a group noontime meal and social activities- special diet restrictions may be accommodated, Foot Care Clinics for people who, suffer from corns calluses, fungal nails, filing and trimming, and can deliver Meals on Wheels, which are frozen</p>	<p>Prices Vary, for inquiries please call.</p>	<p>613-267-6400</p>

Respite Care for Seniors

	<p>meal packages that are delivered once a week throughout Lanark County. Clients can choose from a menu or a standard package there are special diet types available along with soup/dessert packages.</p>		
<p>Nurses available in Smiths Falls, Perth, Belleville, Renfrew, Carleton Place, Pembroke</p>	<p style="text-align: center;"><u>Nurse Next Door-</u></p> <p style="text-align: center;">-Proudly making lives better in the communities of Perth, Renfrew, Pakenham, and Belleville provides 24-hour senior care services for you or your loved ones. With a compassionate, dedicated and professional care team that is available 24/7, Nurse Next Door's mission is to make a difference in the lives of seniors, every day.</p> <p style="text-align: center;">The nurses are ready to do everything they can to put a smile on the faces of their clients while helping them age happily and independently in the comforts of their own homes. They provide services across the full spectrum of care, including Alzheimer's and dementia care, homemaking, personal care, respite care. They also provide transportation accompaniment - all with no long-term contracts.</p>	<p>Prices Vary depending on service</p>	<p><u>613-907-8567</u> <u>Kathy Litalien</u></p>

Respite Care for Seniors