



ACTIVE MINDS CLUB

Adult Day Program for People
Living with Young Onset Dementia

Member Handbook



Active Minds Club Young Onset Adult Day Program

The Alzheimer Society of Toronto's Active Minds Club offers an inclusive, age-appropriate space for recreational, cognitive, and social stimulation, while extending respite opportunities for caregivers.

We are currently offering the Active Minds Club two days per week in-person with additional virtual programming options available on Zoom.



SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

In-person programming is held at **Scarborough Centre for Healthy Communities (SCHC)**, Unit 2 – 629 Markham Ave, Scarborough, ON.



A Program Designed for You

- The Active Minds Club is uniquely designed for individuals living with Young Onset Dementia (a form of dementia before the age of 65 years) or Mild Cognitive Impairment.
- Programs are planned based on the interests of the participants attending. We offer several different types of activities throughout the day that aim to stimulate and challenge participants in different ways.
 - **Purposeful:** Programs are designed to be person-centred and meaningful
 - **Cognitive:** Programs that include discussion, thinking and learning activities
 - **Music:** Programs that include a significant musical component, including activities facilitated by a Music Therapist
 - **Physical:** Programs that get us moving, often going for walks in nearby parks
 - **Creative:** Programs that provide an opportunity for participants to express themselves through the arts
- Our Recreation Therapist develops a care plan in consultation with each participant and family.

Goal of the Active Minds Club

- Enhance quality of life by maintaining an optimum level of intellectual, physical, and social functioning
- A circle of support and comradery where all participants experience a sense of belonging
- An inclusive space which is accessible, safe, comfortable, and welcoming
- Providing the primary caregiver with respite
- Promoting a better understanding of the symptoms of Alzheimer's disease and other dementias



Active Minds Club Services and Benefits

- Person-centred, age-appropriate, and individualized care
- Respite and relief for primary caregivers
- Planned social, physical, and recreational activities which are engaging and stimulating
- Structured daily activities include indoor and outdoor exercises, music programs, mental stimulation, discussion groups, reminiscing programs, and games
- Monthly outings for members (E.G., local parks, lunch outings, Second City, Medieval Times, Toronto Pan Am Centre, volunteer trips to Second Harvest and supporting youth, etc.)
- A daily meal and coffee/tea provided
- Escorted transportation to individuals within boundaries
- PSW Support
- Alzheimer Society Toronto Counselling, Support, Information and Education Services
- Scarborough Centre for Healthy Communities Support, Health and Community Programs and Services

When offering this program remotely due to local Public Health Guidelines:

- Online Zoom programs
- One to one phone call check in's
- Personalized activity kits
- Daily emails including program invites from community partners, caregiver wellness, education and more



Location, Hours of Operation and Fees

The Active Minds Club Young Onset Adult Day Program is offered in partnership by Alzheimer Society Toronto and Scarborough Centre for Healthy Communities.

In-person programming is held at Scarborough Centre for Healthy Communities (SCHC), Unit 2 - 629 Markham Ave, Scarborough, ON.

The Active Minds Club is offered at no cost to eligible individuals. Funding is provided by Home and Community Care Support Services Central East. This includes all program supplies, nutritious meals, and snacks.

The Adult Day Program is currently offered two days a week on Monday and Fridays, days and hours depending on your need and preference.

Transportation

- Scarborough Centre for Healthy Communities provides subsidized transportation to individuals within catchment to and from our day program, free of cost to the members. Out of bound transportation subsidy will be reviewed and available on a case by case basis.
- For more information on transportation, contact Scarborough Centre for Healthy Communities at **416-847-4134** or cssintake@schcontario.ca



Active Minds Club Eligibility

- Referrals are welcomed from hospitals, health and other social service agencies, physicians, relatives, and friends
- Individuals with a probable or confirmed diagnosis of young onset dementia (a form of dementia before the age of 65 years) or mild cognitive impairment
- Individuals willing and able to participate safely in group programming
- Independent with activities of daily living (essential routine daily tasks) E.G., personal hygiene, use of washroom, grooming, basic mobility, dressing, eating, bathing, etc.
- Able to self-manage medications, with reminders. If medication assistance is required, clients must sign SCHC's consent form for support
- Medically stable
- Behaviours that are manageable in a group setting
- Not actively exit-seeking
- The client's needs and abilities will be evaluated by our staff prior to admission to the day program to ensure the program is right fit for them

Registration for the Active Minds Club Young Onset Adult Day Program is required.

To register, contact Scarborough Centre for Healthy Communities at:

416-847-4134 or cssintake@schcontario.ca

*Please note, an intake assessment will be conducted by SCHC as part of member registration.

I _____ confirm I have read
and understand the eligibility requirements.

Signature: _____ **Date:** _____

Come, Visit Us!

Family members, caregivers, and health care professionals are always welcome to call for more information or to book a tour of our facilities during off program hours, by appointment only. Our staff will be happy to help you with the application process.