

ADS INSIDER

Sheridan Villa Adult Day Services



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Transitions...

You may have noticed some changes to the environment at the Sheridan Villa Adult Day Services over the past year. The items and things of daily life are out on the tables and accessible, some walls have been painted brilliant colours and furniture has been grouped to encourage socialization and togetherness. These changes are in response to the realization that approximately 75% of the people attending the program have a dementia diagnosis and that in order to ensure that their day has meaning we needed to look at how we were providing care and services on a daily basis.

For over a year the ADS team has been learning about how to better connect with people living with dementia on a feelings level. Research shows that we remain feeling beings throughout the dementia journey and that feelings matter most. Team learning activities included sharing on a personal level with each other, viewing videos on person centred care and exercises on what a free and open care environment looks and feels like. What does it look and feel like you ask? Home 😊

Our goal has always been to make sure people feel good when they leave the program at the end of the day. We strive to get to know our folks really well so that we can introduce activities and interaction into their day that hold meaning to them. Although these activities may not be remembered we know that the feelings they induce are lasting!

Nurses Corner

What is respite?

Respite services are meant to provide a break for caregivers. In Canada more than 402,000 people over the age of 65 have dementia. Some people living with dementia or living with other diseases can no longer perform daily activities of care for themselves. As a caregiver supporting your loved one, this experience can be complex and tiring resulting in caregiver stress and burnout to you. Respite services are options to help prevent care givers from living with caregiver stress and burnout.

“Finding the right respite service to meet your needs”

The Region of Peel, and other Community Support Agencies offers a respite service at the Adult Day Service Programs (ADS). These programs provide social, therapeutic and recreational opportunities for older adults, while also providing respite relief for caregivers during the day, evening, and/or weekend depending on the location.

Speak with your Home and Community Care Coordinator to see if you would be eligible for any additional hours of home care through Home and Community Care to give you more respite time.

Private Home Care agencies can also provide care in your home. These services all vary from a few hours during the day, to having someone staying overnight in your home depending on what your needs are. These services are not arranged through Home and Community Care and are not covered by OHIP.

Some private respite businesses, like retirement homes, may also provide overnight respite. Fees vary but would start at \$100 per day and increase based on the level of care required.

4 Reasons Why Respite Care Is Necessary

Non-stop caregiving will drain your energy and take a huge toll on your health, here's why it's important to give yourself a break:

1. To relieve stress and worry
2. To help you regain focus and perspective
3. To help restore and maintain your physical, mental, and emotional health
4. To help ensure the consistent provision of high-quality care

Respite rooms are available in some of the local Long-Term Care Homes, and this is arranged through your Home and Community Care Coordinator. This type of accommodation is in high demand, and bookings are made up to 1 year in advance.

The Caregiver Recharge program is also available in the MHLHIN. They can be reached at, Central Registry at 905-281-4443 or <http://www.centralregistry.ca/crs-home>
More information about respite can be obtained through the Mississauga Halton Local Health Integration Network (LHIN) 905-855-9090.

Program Reminders!

Gift Policy

Employees cannot accept gifts, money, entertainment services or valuables from any participant as it is a conflict of interest in our Region of Peel Code of Conduct. If you are happy with the services let us know by completing a comment card located at the ADS entrance!

Late Pick Up

A late pick up can be disruptive and sometimes upsetting for the participant. For their well-being, it is very important that participants be picked up on time. Please notify the program as soon as possible if the participant will be picked up late, and then provide an estimated time of pick up. If a participant is not picked up from the program on time, staff will try and contact the participant's caregiver and / or emergency contact. If no one can be reached, then the Peel Police will be notified. As a reminder, please book rides with the transportation companies no later than 15 minutes before program closure time.

Medication Management

Medication must be provided to staff in containers that show:

- Participant's name
- The name of the medication
- The prescribed dose
(how much to be given)
- How often and time to be given
- How the medication should be given (e.g., orally)
- Any special considerations, such as take with food



"What good is the warmth of summer, without the cold of winter to give it sweetness."

— John Steinbeck



Snowflakes on my tongue
Ice cold then warm and melting
Winter's special treat
-unknown

ADS Fees

Participants are required to pay monthly for all of the days they register for the program, whether they attend or not. This includes paying for days when the participant is absent for vacation, medical leave, personal appointments or sick days. It does not include days where transportation is cancelled (e.g., TransHelp); if there is a program closure; or if the participant attends an overnight respite. When appropriate, participants may be able to switch a missed day to a date within the calendar month. Please contact the ADS to make arrangements for another day.