

Niagara Adult Day Service Integrated Programs

Integrated ADS Programs are intended for older adults who may be frail and cannot participate in community based recreational programs. Adults who attend Integrated Programs may be socially isolated, or may need personal care support due to a long-term chronic condition such as stroke, Parkinson's Disease, diabetes, and/or early to moderate stages of dementia. Participants should be able to tolerate a group setting, be medically stable, and be able to transfer independently or with one person assisting.

Programs provide social, recreational, cognitive and physical activities in a structured and supervised setting. Services include a meal, refreshments, medication reminders, personal care assistance and group activities. Special health diets can be accommodated (i.e. diabetic, low sodium). All programs offer a senior based daily exercise program designed to promote physical well-being and optimize health. Refer to the chart below for additional services offered at each site. Financial assistance with the Program fee may be available to individuals who qualify. ADS Programs will facilitate transportation services through an outside provider as available; however, self-transportation is encouraged for those who can't manage an extended period on a bus. (This document **last revised**: September 22, 2021)

Integrated Programs Agency Profile	Locations	Program Hours	Program Days	**Check with agency** Daily Fee	Staffing RN/RPN	Feeding	Tube Feeding	Special Diets	Incontinence Care	Catheter/Colostomy Care (staff assisted)	Mechanical Lift Transfer	Secured Environment	Senior Fitness Facility	Pool Program	Additional Services Available
Meadows of Dorchester Phone: 905-980-6000 Ext. 4364	Kalar Rd, Niagara Falls Co-located in a LTCH	8:30 - 4:30	M - F	Y		Y		Y	Y			Y			

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Northland Pointe Phone: 905-980-6000 Ext. 4765	Fielden Ave. Port Colborne Co-located within a LTCH	8:30 – 4:30	M - F	Y		Y		Y	Y			Y			
Woodlands of Sunset Phone: 905-980-6000 Ext. 4563	Pelham St Welland Co-located within a LTCH	8:30 – 4:30	M - F	Y		Y		Y	Y			Y			French Language Service
West NiagaraADS Phone: 905-945-4121	Livingston Avenue Grimsby Free standing program	8:30 – 4:30	M - F	Y		Y		Y	Y			Y			

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Gilmore ADS Phone: 905-980-6000 Ext. 4613	Gilmore Rd. Fort Erie	8:30 - 4:30	M - F	Y		Y		Y	Y			Y			
Linhaven ADS Phone: 905-980-6000 Ext. 4364	Ontario Street Saint Catharines Co-located Within a LTCH	8:30 - 4:30	M - F	Y		Y		Y	Y			Y			
Upper Canada Phone: 905-980-6000 Ext. 4364		8:30 - 4:30	M - F	Y		Y		Y	Y			Y			
Niagara Aphasia Program Phone: 905-980-6000 Ext. 4170	During Covid-19 Pandemic, Aphasia Groups are virtual (on Zoom)	11 - 4	M – Th.												