

# What to Expect at the **Active Living Program**

Welcome to the Alzheimer Society of Toronto's Active Living Programs! We're so glad you're here. Our programs are all about enjoying activities together, building connections, and creating moments of joy. Here's what you can expect.

## What are Active Living Programs?

Active Living Programs are social recreation programs delivered by our Active Living Coordinators where participants can register and attend independently. This is not the same as Day Programs. Please see appendix chart for some key differences.

## Who are AST Active Living Programs For?

Our programs are designed for people living with dementia who can join on their own or come with the support of a care partner. The goal is to help everyone take part in meaningful, social activities in a comfortable, safe space.

Most participants are in the early to mid stages of dementia. We also welcome people in later stages if they're still able to participate and enjoy the program. With the support of a care partner or on their own, participants must be able to do the following:

- Manage transportation to and from the program.
- Manage personal care and going to the washroom.
- Be able to engage in the program with minimal 1:1 support from the facilitator, staff and volunteers.

Because dementia changes over time, our team may check in occasionally to chat about how things are going and whether the program is still right for you.

## Your Safety

Active Living is NOT a Day Program. That means our team and volunteers can't offer one-on-one supervision, and we aren't able to guarantee safety if someone chooses to leave the group on their own.

We also don't arrange transportation. If needed, a volunteer can meet you at the door, walk with you to the program, and stay until your ride arrives. If transportation is delayed by more than 45 minutes, we'll call your care partner to make a plan.

## Your Information

When registering, we'll ask for the names, addresses, and other details of all participants. We use this information to help run the programs safely and smoothly. If something happens during a program that affects safety, our staff will document it in our secure client database.

## When It Might Be Time to Leave the Program

We want our programs to feel positive and supportive for everyone. Eventually the program may no longer be the best fit. This might happen if:

- A participant can no longer get to and from the program safely on their own and does not have the support needed to help with transportation.
- A participant is no longer able to meaningfully enjoy or take part in activities.
- A participant is making the program unsafe or disruptive, even with support.
- If a participant has moved outside of the City of Toronto (M postal code).

We'll always have a conversation with you and your care partner before a decision is made and provide you with other referrals or information that suit your needs

## Photos and Media

We love sharing the stories and experiences of people living with dementia to help raise awareness. We will always ask for your permission—verbal and written—before taking or using any photos, videos, or recordings.

If you want to take photos during the program, please take pictures only of yourself or your care partner, unless someone else gives you permission.

## Support for Care Partners

Care partners are an important part of our community. When it's time to transition out of the program, we'll help connect the care partner with other supports, volunteer opportunities, or services—either through AST or in the wider community.

**For more information, please contact our Active Living Team at [activeliving@alz.to](mailto:activeliving@alz.to) or call 416-322-6560.**

## AST Active Living Programs vs. Day Programs:

	AST Active Living Program	Day Program
<b>Staffing</b>	Active Living Coordinators, Volunteers	Program staff, Personal Support Workers, Recreation Therapist
<b>Location</b>	Not secure (participants can freely enter and exit program space)	Secure (typically fob access to enter/exit program space)
<b>Timing of Programming</b>	1-2 hours per session	½ day or full day options
<b>Duration of Programming</b>	Programs are delivered as a series with a start and end date	Programs are ongoing
<b>Personal Care Support</b>	No Personal Support Workers on staff	Personal Support Worker can provide personal care and some health support
<b>Intended Participant</b>	Caregivers are welcome to participate alongside intended participant (persons living with dementia)	Only for the intended client (typically seniors or individuals with physical, cognitive, or intellectual disabilities)
<b>Cost</b>	Free to attend	Most involve a fee for service
<b>What is Provided in Programming</b>	Recreational activities and light refreshments provided	Recreational activities, some health supports, meals and transportation (*extra fees may apply)