



## **Respite and Caregiver Support** programs assist family caregivers, reducing caregiver burnout and helping seniors age safely in place.

### **Adult Day Program**

This program provides social, recreational and therapeutic activities for older adults and individuals with disabilities, chronic illness, cognitive impairments, Alzheimer's disease or dementia. Staff trained in therapeutic recreation lead participants through enjoyable, enriching activities in a safe and supervised environment. Examples include exercise classes, cards, arts and crafts, music and tactile, visual, auditory and memory skills games. The program also offers daytime respite to caregivers, to spend as they wish, and to rejuvenate.

The Enhanced Care Adult Day Program provides a safe, comfortable and stimulating environment for older adults and adults living with dementia, chronic illness, intellectual disabilities and/or social isolation. These participants may require additional supports that are not available within the traditional ADP, such as assistance with medication, feeding or toileting.

### **Overnight/Weekend Respite**

An extension of the Adult Day Program, the overnight and weekend respite program offers clients overnight care in a home-like setting where they are assisted by a multi-disciplinary team. Participants receive nutritious meals and help with activities of daily living, as well as access to social, recreational and therapeutic activities. Overnight respite services reassure caregivers that their loved ones are well taken care of while they get a break from caregiving responsibilities.

### **In-Home Adult Respite**

In-home adult respite provides temporary relief to caregivers of adults with a disability, dementia or other chronic illness. A support worker visits on a regular basis to provide caregiving duties, including assistance with personal care, meal preparation, light housekeeping and recreation.

### **Caregiver Supports**

VON's caregiver supports help caregivers care for themselves while taking care of their loved ones. VON provides one-to-one support, as well as education and training programs. Supports encourage self-care and help to prevent caregiver burnout. Caregiver peer support groups allow caregivers to share feelings, problems and information with other caregivers, reducing feelings of isolation.

### **DETOUR**

DETOUR (Deterring Emergency Time Offering Urgent Respite) provides seniors 65 years or older in need of immediate care due to illness or injury with up to 14 days of care and respite at a local retirement home. Rather than being admitted to hospital, clients are "detoured" to one of the designated beds, where a nurse coordinator screens them, creates a care plan for their stay and works with the client and family to find a longer-term care solution for the time following the respite stay. The client also has access to meals, social activities and therapeutic supports offered in the retirement home.

## Support for Palliative Care Providers

VON offers community-based programs and services to clients who are palliative or nearing end-of-life and their caregivers. We also offer several palliative care training courses for volunteers, caregivers and healthcare providers.

## Hospice or Palliative Volunteer Visiting

Specially trained hospice or palliative care volunteers visit clients and their caregivers to support them through a life-limiting or end-of-life journey. Visitors offer compassion and emotional support, and often provide respite for caregivers.

## Family Supports

### Familyhome

The Familyhome program matches adults with a developmental disability with a family looking to open their home and share their family life. A gradual transition occurs until the person moves in and begins to become part of the family.

### Host Family Respite Program

The Host Family Respite program provides regular respite care for individuals with developmental disabilities. We match a client to a host provider or family who provides overnight respite in their home. Respite is provided up to one weekend a month.

### Passport Program

The Passport program supports community involvement and independent living for adults with developmental disabilities. We help adults and their families who have received Passport funding from the Ontario government to arrange services including personalized support plans and caregiver respite.

### Special Services At Home

The Special Services at Home (SSAH) program provides personalized support for children with developmental and/or physical disabilities, up to age 18. This program is funded by Ontario's Ministry of Children, Community and Social Services to help children learn new skills and to provide respite support for the family.

## About VON

VON is a highly trusted charity that delivers home care and community support services to more than 10,000 people in Ontario and Nova Scotia every day.

Together with our employees, our volunteers and our clients and their families, we help our clients stay healthy, live well and remain active. The innovative clinical, personal and social supports we provide keep our clients living in the safety and comfort of their own homes and communities —where they want to be.

VON is accredited with Exemplary Standing by Accreditation Canada.

## Our Values

- **Respect** – we support others honestly, openly and fairly.
- **Compassion** – we listen and serve with sensitivity, empathy and concern.
- **Excellence** – we commit to everyday improvement in all that we do.



Not all services are available at all VON sites. For more information and services available in your area, please contact your local VON office or visit [www.von.ca](http://www.von.ca)



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