

Welcome to Assess & Restore Program!

Life can present unexpected challenges, especially for our cherished older adults and those recovering from a hospital stay or experiencing a recent decline in functional abilities. The Assess and Restore (A&R) Program is here to turn these challenges into opportunities for better quality of life and renewed independence.



Contact us for more information



carefirst.erp
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416-847-8941



416-646-5111

Program Location



705 Progress Avenue, Unit 36 & 37
Scarborough, Ontario, M1H 2X1

Empowering for a Healthier Tomorrow.

Assess & Restore (A&R) Program



Carefirst Seniors & Community Services Association



United Way
Greater Toronto

What you can expect

Our A&R Program is a dynamic and engaging 12-week journey designed to help you regain strength, mobility, and confidence. Here's what you can expect:

Group Exercise Sessions -

- Aimed at improving your physical strength, overall health, making daily tasks easier and more enjoyable.

Educational Workshops -

- Topics include: Transfer training, safe use of assistive devices, falls prevention, home safety tips and strategies, healthy lifestyle, medication safety, etc.

Social Prescribing Activities -

- Link to community resources and social support groups to build helpful connections.



Program Details

Eligibility

Adults aged 55 or above, and either one of the following:

Recovering from a recent hospital stay (within 6 months), OR

Experiencing decline in physical and/or functional abilities after hospitalization.

Schedule

Tuesdays and Thursdays, 1-4pm

Language

Service will be conducted in English, interpretation available in Cantonese and Mandarin

Cost

Free of Charge

Referrals

We accept post-hospital discharge referrals and community referrals. Please contact your primary care provider, hospital discharge planner, or specialist to complete the referral form. Self referrals are also accepted.

How does A&R Program work?



Group Exercise Sessions



Educational Workshops



Social Activities