# 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





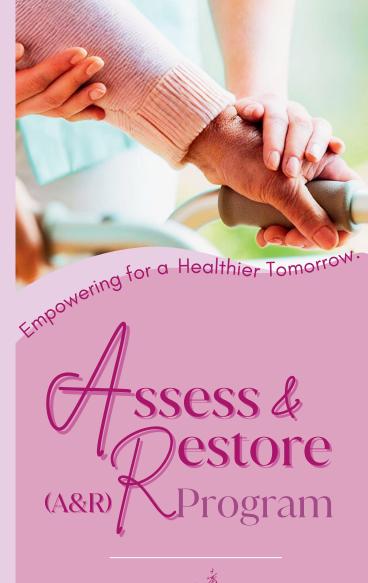


# **Program Location**





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





Carefirst Seniors & Community Services Association





## 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), <u>OR</u>

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**