



# CHATS

Community & Home  
Assistance to Seniors

## Fact Sheet

### Social & Congregate Dining

**Service:** Social and Congregate Dining includes activities that promote health and wellness to seniors, and provide social activities based on needs of the service recipient (SR) with the goal of maintaining or promoting their wellness. The services include a nutritious meal/snack, social and recreation activities, education and transportation where available. CHATS Social and Congregate Dining Programs include Diners, Wellness and Diversity Programs.

Listed below are guidelines for eligibility and prioritization for CHATS Social and Congregate Dining Programs.

**Eligibility:**

1. Individuals who are 55 years of age or older.
2. Residents of York Region and South Simcoe.
3. Seniors living in the community. Residents of Long Term Care Facilities (LTCF) will not be eligible for the program with exception of pre-existing clients who may be eligible for the program to support transitioning into the LTCF if the home is located within the existing community.
4. Seniors who would benefit from nutritional support and social interaction in a group setting.
5. Seniors who are able to independently tend to their personal needs (e.g. self-toileting).
6. Seniors who do not exhibit wandering behaviour.
7. Seniors who are mentally and physically stable.
8. Seniors who are able to function at socially acceptable levels.
9. Seniors who use canes or walkers are eligible.
10. Social and Congregate Dining volunteers are not trained in the use of wheelchairs. Seniors using wheelchairs will be accepted if they are able to be independent with self-care and do not require CHATS transportation. If seniors are not independent in their activities of daily living, they must be accompanied by a Personal Support Worker (PSW) or caregiver who will be responsible for transportation to the program and for providing on-going assistance for the client.

**Limitations:**

1. Seniors with mental and/or physical impairments are individually assessed to determine their eligibility.
2. Seniors who have been diagnosed with Alzheimer's or other form of dementia are not eligible.
3. It is possible that the client may be admitted to a waitlist due to lack of appropriate volunteers or lack of program space.

**Availability:** Varies per program. Please contact us to learn more.

**Cost:** Ranges from \$2.00 - \$20.00 per event.

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*live well, age well, be well*