

Niagara Region Seniors Community Programs

Overview of Programs and Services

Seniors Community Programs

OUTREACH SERVICES



Promoting safety and independence at home

Seniors Community Programs

HEALTHY, SAFE AND STRONG



Group exercise program for older adults

Seniors Community Programs

SOUTH NIAGARA HEALTH AND WELLNESS CENTRE



Supporting older adults' independence

Seniors Community Programs

ADULT DAY PROGRAM



Helping older adults stay active and socially connected with planned programming

Seniors Community Programs

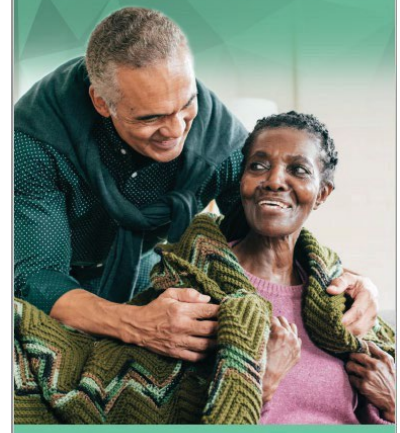
RESPIRE COMPANION PROGRAM



Supporting people with progressive dementia and their care partners

Seniors Community Programs

NIAGARA GATEKEEPERS



Referral service to connect at-risk older adults with programs and services

Outreach Services



Outreach Community Workers provide:

- short term service navigation
- connection to resources
- education and advocacy

Our intent is to reduce risks and promote the independence and safety of older adults in our community.

How are these services provided?



Services are offered through:

- in-person support
- via telephone
- Virtually
- Or directly with the older adult and/or their care partners.

Healthy, Safe and Strong Exercise



The Healthy Safe and Strong Exercise Program is aimed at improving balance, strength and endurance for older adults and those at increased risk of falls.

Seniors Exercise



- In-person, community-based locations across Niagara
- Virtual classes are available
- No cost for participation
- Commitment: one day per week
- Registration by phone or online

South Niagara Health and Wellness Centre Ambulatory Rehab Program



Gilmore Community Hub January 2025

60 King Street, Fort Erie

Partnership of community and healthcare providers:

- Hotel Dieu Shaver Health Rehabilitation Centre
- Niagara College
- March of Dimes Canada
- Ontario Health atHome

South Niagara Health and Wellness Centre Ambulatory Rehab Program continued



- Outpatient ambulatory rehabilitation
- 12 week wellness program
- Health promotion/education/exercise session
- Community resource connection
- 6 to 8 weeks of physiotherapy

Wellness Webinars

Webinars are facilitated by a variety of agencies. In 2024 there was 29 different topics covered, some examples:

- Cancer Care and Prevention
- F.A.S.T. Facts about Stroke Prevention
- Fraud Prevention
- Eye on Glaucoma
- Celebrate Oral Health Month
- Get Pumped About Public Health

Adult Day Program

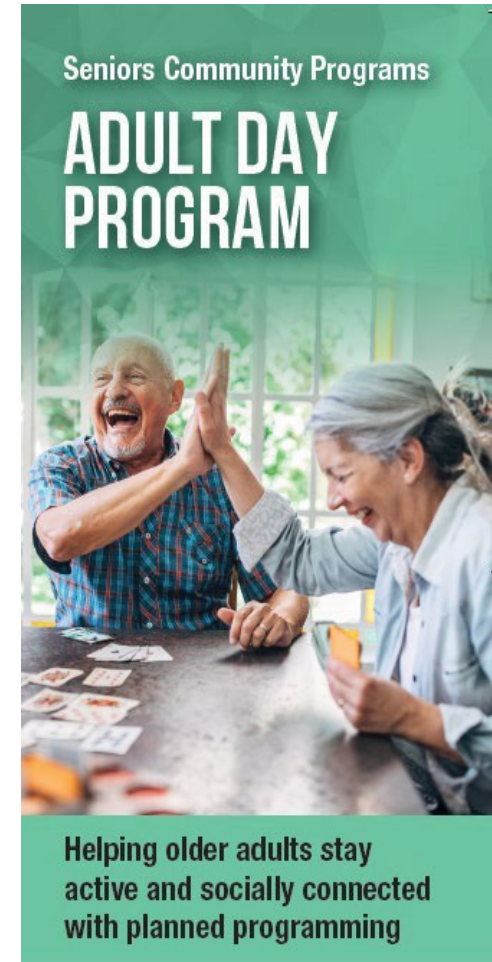


The Adult Day Program is designed to help older adults stay physically active, cognitively stimulated and socially connected.

Caregivers can benefit from valuable respite and peace of mind. Fees apply.

Seven locations across Niagara:

- West Niagara
- St. Catharines
- Niagara-on-the-Lake
- Niagara Falls
- Welland
- Port Colborne
- Fort Erie



Respite Companion Program

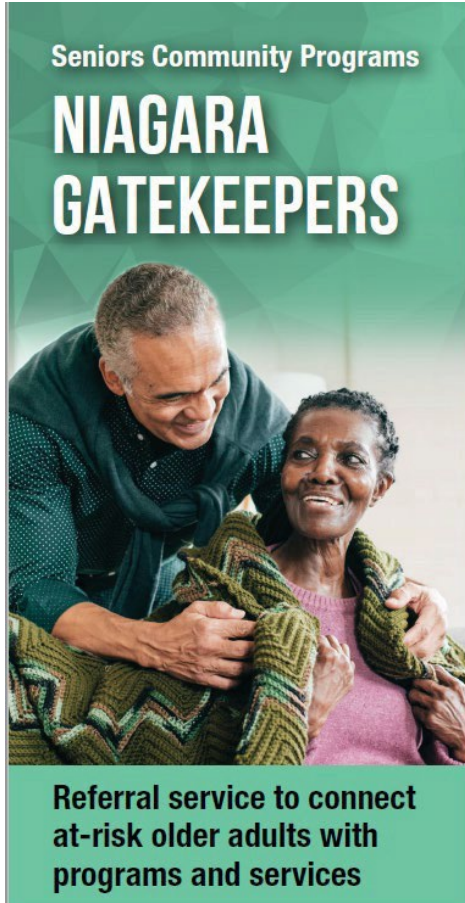


This program provides an in-home respite companion for persons living with Alzheimer's Disease or other progressive dementias.

Respite companions are trained to provide activities tailored to the clients' interests.

Fees apply.

Niagara Gatekeepers



The Niagara Gatekeepers program:

- anyone can call to connect a Senior to a local organization that can offer services.
- The Senior's risks are reduced while promoting their wellbeing and independence.

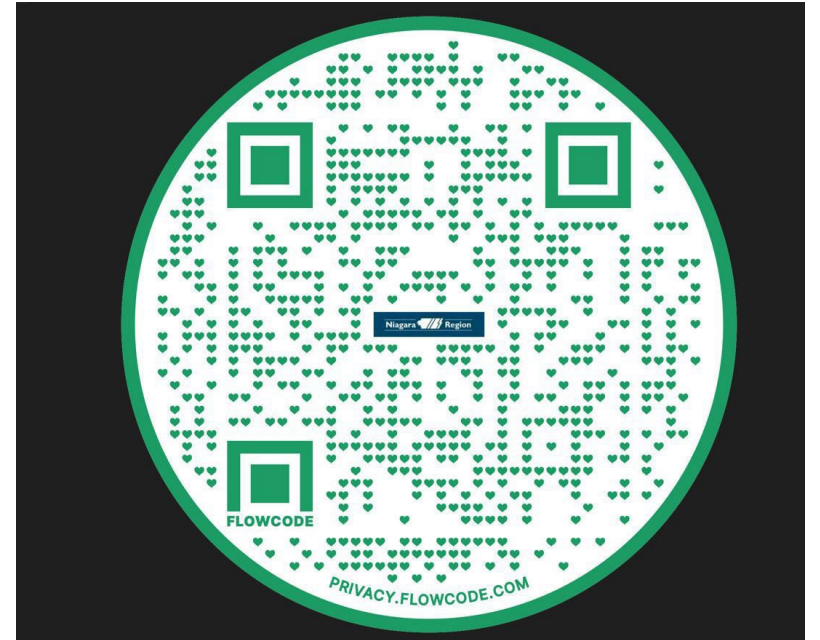
The referral line is free to use, and is answered from 8:30 am to 8:30 pm, 365 days a year.

How do you connect with us?

Call our Intake line
Monday to Friday 8:30 am to 4:30 pm
phone 905-984-2621
toll-free 1-877-212-3922
fax 905-984-6409

[Seniors Services - Niagara Region, Ontario](https://niagararegion.ca/living/seniors/default.aspx)

(<https://niagararegion.ca/living/seniors/default.aspx>)



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