

luma 
care



Mission

To enhance, engage, and empower our diverse older adult community through integrated, high-quality services.

Vision

Leading with innovative excellence in community support services for older adults and their circle of support.

Values

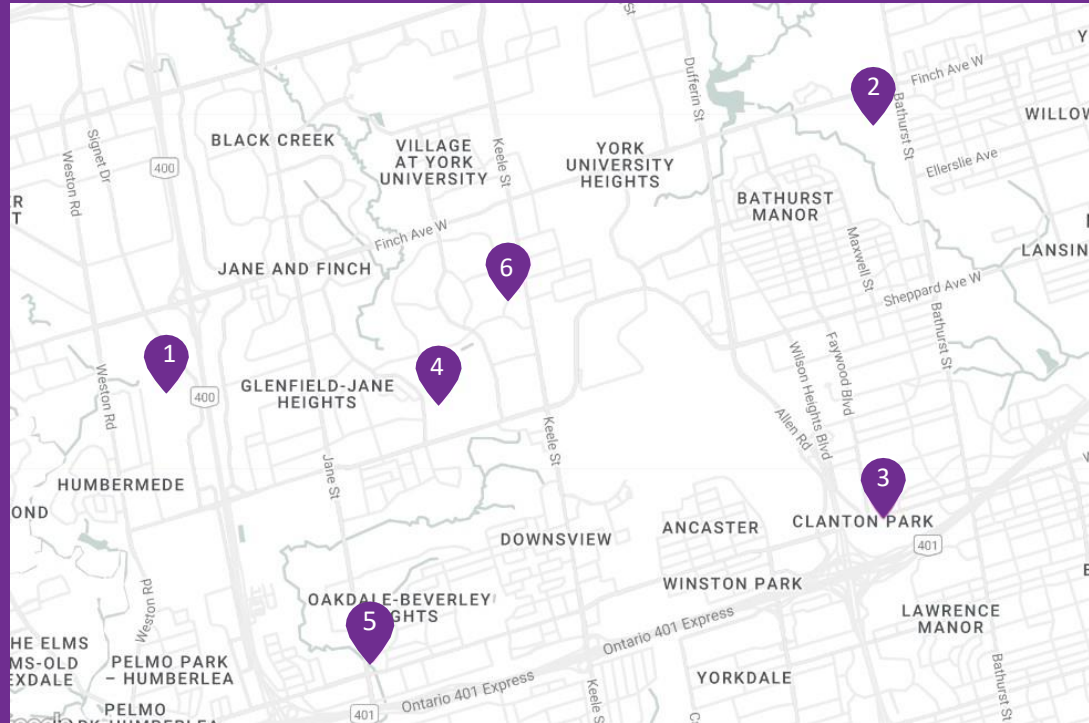


Our Campuses and Locations

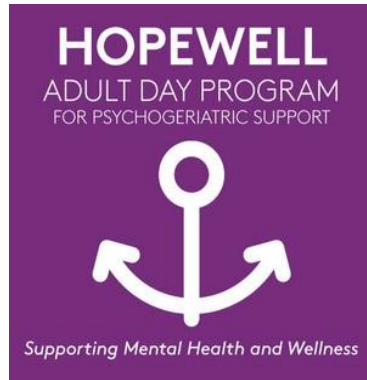
6 LOCATIONS ACROSS NORTH YORK TO SERVE YOU

Campus Of Care
B.O.O.S.T., G.L.O.W., & HOPEWELL

- 1 Adult Day Programs
(155 Deerhide Crescent)
- 2 VALLEYVIEW & SUNSET
Adult Day Program
(541 Finch Avenue West)
- 3 R.I.S.E. Adult Day Program
(497 Wilson Avenue)
- 4 Healthier Living Centre
(15 Clubhouse Court)
- 5 Assisted Living Services
(2195 Jane Street)
- 6 Assisted Living Services
(3680 Keele Street)



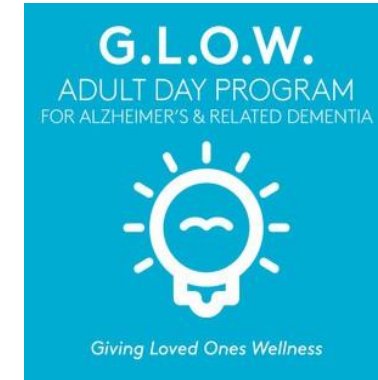
Adult Day Programs



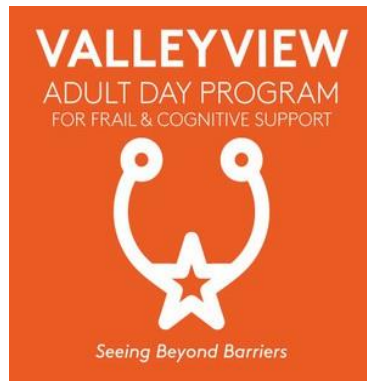
At Deerhide Site



At Wilson Site



At Deerhide Site



At ValleyView Site



At Deerhide Site



At ValleyView Site

Standards of Care

- Provide easy and accessible opportunities for Clients and their families to ask questions about all aspects of their care
- Provide care that respects Clients' values, preferences and expressed needs
- Involve Clients and families in all aspects of the planning, delivery and evaluation of health care services
- Recognize families as important members of the health care team.
- Encourage and support them in care planning and decision-making
Support Clients in involving their families in their health care experience in ways that they choose
- Provide information in ways that Clients and families find helpful, empowering and supportive in nurturing, caregiving and decision making

ADP Program Benefits

- Supervised Programming in a group setting
- Close monitoring and assistance with personal care and activities of daily living
- Programming to help participants achieve and maintain maximum level of functioning, prevent early or inappropriate institutionalization.
- Provides respite and information to caregivers. Person-centered care planning

ADP Program Limitations



- Two-person transfer to or from a wheelchair, toilet or bed
- Excessive and extended need for personal care
- Management of severe disinhibited behaviours or disruptive agitation
- Management of any behaviours that are threatening to other Clients or employees, or place Client or any other person at risk
- Requests for Client to receive personal care from one specific gender only cannot be accommodated – Clients will receive care from both male and female Personal Support Workers
- Client will be discharged if he/she is away from the program greater than 30 calendar days consecutively due to hospitalization/vacation. Client will be allowed to return to the program when a vacancy occurs



B.O.O.S.T

Building on our Strengths Together

Overview:

An Adult day program that supports frail people living with stroke and other neurological disorders like acquired brain injury, multiple sclerosis, epilepsy/seizure and Parkinson's.

Eligibility:

- Living with a neurological condition and/or who is frail, aged adult 18 + years of age or older with a medically certified disability, verified by Ontario Health at Home referral and RAI assessment
- Clients whose personal care needs can be met by one attendant and whose swallowing and feeding needs can be managed safely with minimal support

boost
adult day program



building on our strengths together

BOOST PROGRAM

This program features holistic therapeutic recreation programming to meet the clients physical, psychological and social needs promoting resiliency and independence.

Client should be able to perform activities of the program independently with staff assistance or supervision.

When it comes to personal care client should be a one person assist only.

BOOST PROGRAM



Goal:

To provide holistic therapeutic recreation programming.

- Physical – exercises for motor stimulation, coordination, ROM
 - physiotherapy visits – 2 times a week
 - portable arm and leg bike exerciser
 - walking club
 - Gentle seated exercise
 - immersive exercise



BOOST PROGRAM



Benefits:

- Physically, exercise helps improve strength, balance, and coordination
- reduces stiffness and helps prevent complications like muscle tightness or joint problems
- regular, safe exercise helps stroke clients recover function, stay independent longer, and improve their quality of life.



BOOST PROGRAM



- Mental – cognitive interactive programming using smart board or wide screen TV, ipad/tablet games, interactive projector activities, early morning discussion, trivia for cognitive stimulation.

Benefits:

- Doing cognitive activities—like puzzles, memory games, reading, or simple problem-solving tasks—helps keep the brain active and engaged. These activities support Neuroplasticity, meaning the brain can build new connections and find new ways to complete tasks.




BOOST PROGRAM



- Emotion – discussions, music therapy, multi sensory, arts and crafts, gardening (indoor, outdoor), celebrations/party (birthdays, mother's day, valentine's day), laughing club, VR.

Benefits:

- This activities can boost mood, reduce frustration, and increase confidence. It also provides structure and opportunities for social interaction, which are important for overall well-being.
- 

BOOST PROGRAM

- Social and physical - table games like rummikub, active games like bowling, bocce, balloon badminton, blong ball, bean bag toss.

Benefits:

- These games make rehabilitation more engaging while helping clients improve thinking skills, physical abilities, and social connection.
- This helps reduce isolation, improve mood, and build confidence. Clients often feel a sense of accomplishment and enjoyment, which supports emotional well-being.

BOOST PROGRAM



- Spiritual – clients who would like to participate in prayers we group them together for a 45 mins to an hour, virtual live mass or rosary prayer.

Benefit:

- Prayer can provide comfort, hope, and a sense of purpose. For clients who value their faith, it can be a familiar and calming practice that helps them cope with illness, loss, or changes in their abilities.



BOOST PROGRAM



Virtual exercises are available for clients who prefer to exercise at home and are able to do so safely on their own.



BOOST PROGRAM



BOOST PROGRAM

