

Répit aînés Montérégie (RaM)
Senior Respite Montérégie (SRM)

83 Churchill Blvd
Greenfield Park, Qc, J4V 3L8
450-486-4722

info@adulthoodcare.ca
www.adulthoodcare.ca



Respite, sharing the caring, motivated by love

Our Mission

Our mission is to enrich the quality of life for seniors and caregivers, and maintain independence through specialized adult activities and respite services.

Our Goals

Our goals are to provide:

- a stimulating and welcoming environment for adults
- respite and support to caregivers

Our Center

In November 2014, we opened our center, The Adult Activity and Respite Center (AARC), a privately run day center. On May 15 2019, a Non-Profit Organization was officially registered as Répit aînés Montérégie (RaM) / Seniors Respite Montérégie (SRM).

SRM conveniently located in the heart of Greenfield Park. Our Center offers our clients a bright, secure and fun environment easily accessible for those with limited mobility.

Our office is open Monday to Friday from 9:30am to 4:30pm. We are closed on weekends and statutory holidays

Our clients

Our clients consist of seniors that are fully autonomous, in loss of cognitive or physical autonomy, have Alzheimer, dementia or a physical/cognitive disability, or those looking for a shelter from loneliness and isolation. Any senior can join our day center.

Our team

Our team's trainings and experiences offer our clients a safe environment in which to socialize and participate in activities that are both enjoyable and educational. Our team provides a warm, friendly and safe environment .

Our Packages

Our flexible packages offer a variety of options to suit the requirements of our clients.

- Choose from a day package, which includes lunch or a ~~walk-in~~ half day after lunch package
- All packages include:
 - Activities, materials and special events
 - Annual tax receipt upon request

Our Testimonials

- CLSC has visited and welcomes our services
- Member of the South Shore Community Partners Network (SSCPN) whose objective is to encourage awareness and offer support to various groups, activities, programs and services focusing on the South Shore English-speaking community
- Member of ARC Assistance and Referral Center, Promoting access to health and social services in English in the Montérégie.
- Groves "My residents were one of the first groups to join with the activity center back in December 2014. My residents join every Friday, week by week; I could see improvement with the motivation and stimulation skills. I periodically visit the center while my residents are participating in the activities and I can see how happy and stimulated that they are.... Franca and her volunteers work very hard to accommodate all their needs, with healthy meals and snacks, activities and one on one attention!! It is a great feeling for them to come back to the residence with smiles on their faces. There is nothing more rewarding than that!" -Darlene Hirtle
- Trudi "My 92 year old mom was hospitalized over the summer with a fractured ankle. Franca and her team visited her two or three times a week to help keep her stimulated. I was impressed with their proactive suggestions and their commitment to her well-being. They updated me after every visit. Now they are working alongside my mother's physiotherapist, doing the prescribed exercises with my mom while she is at the center. Her strength and coordination have greatly improved. Franca has provided our family with exceptional service and support since the beginning." Julien Chung
- Joyce "My Mom has Alzheimer's and I work full time. She has been attending the activity center since it opened. She was very resistant at first, but our house was undergoing major renovations and staying in the house, while the workers were there, was not an option. I found that it made a big change in her attitude - she really enjoyed the activities and she was no longer left alone at home during the day. The center offers lots of fun activities, physical, cognitive, creative and social. Prior to going to the activity center, my Mom sat in front of the TV - she had no motivation and slept most of the day. The activity center has given her a new interest - she is up early in the morning, ready to go! Thank you, Franca, for opening up this type of business. There is a definite need for capable centers to deal with our ever growing aged population. Keep up the good work! I personally would like you to go back to your original hours." -Linda Mair

Our pledge to you

Our pledge is to provide a fun, stimulating, welcoming and safe environment for adults as well as respite and the needed support to caregivers.

Once you are ready to join us at the SRM we will ask you for some information that will help us to ensure that your time with us is both enjoyable and safe.

If you have any questions or require any additional information please feel free to contact me directly. It will be my pleasure to assist you in finding the package that is best for you or your loved one.

Our Activity Guidelines

9:30 – 10:45	Arrivals, hellos, coffee/tea, morning activities
10:45– 12:00	Morning activities
12:00 – 1:00	Lunch, leisure time
1:00 –2:30	Exercise/Singing/ Physical Activities
2:30–3:00	Afternoon coffee/tea/snacks
3:00 – 4:00	Afternoon Activities

We offer several activities, focusing on the maintenance, and development of physical, cognitive, psychological and social capacities of participants. Our daily activities will vary. Different breakout stations help us tailor our activities to our clients' needs and wishes. All activities are setup to inject fun and to keep our clients safe and stimulated.

Activities

- Arts & Crafts
- Musical entertainment and sing-a-longs
- Seated stretching and gentle exercise
- Recreational therapy
- Cooking Class
- Holiday and birthday celebrations
- Special events
- Games for fun, leisure, mental stimulation, and all of the classics

SRM Client Registration Form



Client Information

Last Name, First Name			
Date of birth:	Day:	Month:	Year:
Street Address			
City, Province, Postal Code			
Home Phone			
Cell			
E-Mail Address			

Caregiver Contact Information - *if applicable*

Last Name, First Name	
Relationship	
Home Phone	
Cell	
E-Mail Address	

Emergency Contact Information ~ 1 - *if different from caregiver contact information listed above*

Last Name, First Name	
Relationship	
Home Phone	
Cell	

Emergency Contact Information ~ 2

Last Name, First Name	
Relationship	
Home Phone	
Cell	

Medical Information – *tick if applicable*

<input type="checkbox"/>	Alzheimer
<input type="checkbox"/>	Diabetes; Type:
<input type="checkbox"/>	Dementia
<input type="checkbox"/>	Vision
<input type="checkbox"/>	Heart
<input type="checkbox"/>	Hearing Aids
<input type="checkbox"/>	Parkinson
<input type="checkbox"/>	Other

Health Information

Doctor's name:	
Office Telephone:	
Medicare card number:	
<i>A photocopy of the Medicare card is required. This can be done on the first day.</i>	

Sanitary needs – tick if applicable

	Needs help for restroom
	Needs to be reminded to go to restroom
	Incontinence problem
	Uses diaper/liner/pad
	Other

Mobility – tick if applicable

	Uses cane
	Uses walker
	Uses wheelchair
	Needs help for transfer
	Other

Recall – tick if applicable

Difficulty to remember	
	Yesterday
	Last month
	Long term
	Other

Tendency – tick if applicable

	Gentle
	Passive
	Aggressive
	Other

Areas to focus on – tick if applicable

	Socializing
	Cognitive Stimulation
	Physical Activities
	Other

Drinks

Coffee	Milk:	Sugar:
Tea	Milk:	Sugar:
Other		

Any “good to know” information - *if applicable*

Supplemental Information

While not mandatory to provide this information it would be helpful to engage new clients in conversation.

Place of birth, city country	
Childhood, cities lived in, education other	
Civil status, name of spouse if applicable	
Family, children, grandchildren, relatives, close friends	
Occupation	

Hobbies/interests	
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