

Adult Day Program Association | MINUTES

Meeting date | 24 January 2025 Time | 9:30 - 11:00 am

Meeting location | Teams Platform online.

AGENCY REPRESENTED	PRESENT	REGRETS
Penny Bodnoff, The Good Companions – <i>Chair</i>	X	
Allan Cormier, Ottawa West Community Support – <i>Vice Chair</i>	X	
Sylvia Nicol, Carleton Lodge Day Program (City of Ottawa) – <i>Treasurer</i>	X	
Arnprior Regional Hospital – The Grove – Michaela McClymont		X
Abbotsford House at the Glebe Centre – Cassandra Ford	X	
Beth Donovan Hospice – Sue Walker		X
Bruyère - Résidence Saint-Louis – Anisha Mehreja	X	
Carefor Ottawa (Perley Site) – Erica Miskiman	X	
Carefor (Carling) – Cheryl Conway	X	
Centre d'Accueil Champlain (City of Ottawa) – Manon Geoffroy	X	
Eastern Ottawa Resource Centre – Julia Fatuma	X	
Good Companions – Justin Sauvé	X	
Harmer House – Jenna Redman	X	
Hospice Care Ottawa – Spring Kozak	X	
Jewish Family Services - Seniors Support Services - George Sladowski	X	
J. W. MacIntosh Community Support Services – Sarah Speer	X	
Marianhill – Joanna Chisnell		X
Montfort Renaissance – Guillaume Gervais	X	
The Olde Forge Community Resource Centre – Scott Roscoe	X	
Vista Centre Brain Injury Services (VCBIS) – Denis Boileau	X	
Western Ottawa Community Resource Centre– Natalie Harrison & Jennifer Jones	X	
Rural Ottawa Support Services South (ROSSS) – Marianna Santana & Ashley Bouwman	X	
Royal Ottawa Geriatric Day Hospital – Laura Bitze	X	
PARTNERING AGENCY	PRESENT	REGRETS
CSS Shared Resources, Ontario East – Chris Cobus	X	
Dementia Society of Ottawa and Renfrew County – Misia McCallum	X	
Ontario Health at Home – Isabelle Meunier	X	
Para Transpo – Simon Harris	X	

AGENDA ITEMS

1. Welcome and Introduction
Penny Bodnoff, ADPA Chair, opened the meeting and welcomed members.
2. a) Approval of agenda
The 24 Jan 2025 agenda was approved. Motioned by Denis Boileau and seconded by Allan Cormier.
b) Approval of minutes

The 22 November 2024 ADPA Meeting Minutes were approved as circulated.
Motedioned by Cheryl Conway and seconded by Sylvia Nicol.

3. Update from Para-Transpo – Simon Harris

Apologies were extended for several extreme service delays that occurred in December 2024. The cause of these delays has since been rectified.
Pilot re: customer notifications (by email/text) almost completed. Notification (in either English or French) can be arranged when you book an appointment, when vehicle is nearing arrival, and when vehicle has arrived at customer's door.
Isabelle Meunier, Ontario Health at Home, expressed interest in a presentation from PARA-Transpo for Care Coordinators. Simon indicated he is available for presentations and can be reached at simon.harris@ottawa.ca

4. Ontario Health At Home Update – Isabelle Meunier

Focus on hospital to home across the province.
Friendly Reminder – to keep ADP Status Chart updated on Teams, so Care Coordinators know your current capacity. Concern was raised that some ADP's are receiving less information with referrals from Ontario Health at Home. Isabelle acknowledged some care coordinators had expressed concerns re: sharing Personal Health Information (PHI), but then, were reminded ADP Providers are part of the 'circle of care'. She will remind Intake staff of this also.

5. CSS Shared Resources, Ontario East – Chris Cobus

CSS Providers Meeting OHE planned for 10 am on 12 February 2025 to bring together CSS leaders across the full region (Champlain, South-East and Central East) to hear from and engage with **Ontario Health, Ontario Health at Home, OCSA, the CSS Collaborative, Ontario East and CSS Shared Resources, Ontario East**. All CSS providers welcome to attend.
Best Practice Guidelines for ADP Providers across the OHE region nearing completion for translation and circulation.

6. Dementia Society Update – Missia McCallum

Capacity at Daisy Café in Ottawa. **Action:** Misia to send Penny an updated flyer with details, for circulation to the group. **January Alzheimer Awareness month!** Question asked re: resources for clients with young onset dementia? No specialized ADP programs operating at present to address this need in Champlain. There are some specialized ADP programs in other regions of OHE.

7. Presentation by Andrea Khalid, Registered Psychotherapist

Presented to the group on Caregiver Stress and Self-Care. She presented at the Spring Conference last year.
Highlights:

- A common stressor associated with caregiving is grief associated with loss, e.g., loss of what they anticipated retirement to look like, as they care for a partner with chronic illness/a degenerative disease.
- Many emotions surface, e.g., sadness, anger, anxiety, a feeling of being overwhelmed.
- How can we help? By providing a safe space to express how they are feeling and letting them know, while they may feel helpless to change their situation, they can consider new ways to respond to it.
- How to find time for oneself, when Caregiving can take most of one's time?
- Pockets of time can be found to support 4 key pillars of health that need to be maintained: Eating (don't forget/forgo meals), Get proper sleep (talk to doctor if unable to do so), Move your body regularly each day (doesn't need to be a 'formal' exercise regime), and ensure 'social connections' (make a point of checking in with others you feel supported by).
- BIGGEST step is "Asking for help" and "letting others assist".

Action: Chris noted the OCO (Ontario Caregiver Organization) has a one pager of resources available to the group.

8. Business Arising

8.1 Sylvia Nicol, ADPA Treasurer, indicated the **current bank account** stands at \$7025.15.

8.2 Follow-up re: **ADPA Conference Committee** – Penny has names of some individuals who expressed interest in helping after the last conference, but no meeting has been arranged yet. **Action:** Anyone interested in Co-Chairing/participating on the conference committee, please confirm your interest with Penny.

8.3 **ADPA Terms of Reference** – in progress.

8.4 ADPA Executive Nomination – Vice Chair position open as Allan is stepping down. **Action:** Send Penny an email if interested in putting forth a nomination.

8. Round Table Discussion

Perley ADP – Erica Miskman-Beaton

- Some openings at Pearly ADP but significant waitlist to draw from.
- Functional Fitness Program - full.
- Finch has some openings.

Hospice Care Ottawa – Spring Kozak

- French ADP program full; considering a second one.
- Almost full in Kanata.
- Maycourt – a lot of openings on Tuesdays.
- Caregiver 'evening out' has openings.
- Retreat Planned this spring, for Caregivers who are part of the 2SLGBTQIA+ community
- In home support and volunteer openings also.

VISTA – Denis Boileau

- Sites in Cornwall and Ottawa
- Waitlist growing.

Carefor Carling– Cheryl Conway

- Dementia Program and Let's Get Together (MH) Program
- Programs full.
- Both Caregivers and Program Staff stressed.
- Trying to hire program Assistants/PSW's
- Transportation less of a barrier lately.

EORC – Julia Fatuma

- At maximum capacity (18 people per day)
- Hiring PSW's

Abbotsford – Cassandra Ford

- One space, but long waitlist to draw from
- Transportation continues to be a challenge

ROSSS – Marianna Santana

- New Coordinator for ADP: Ashley Bouwman
- 2 programs: Tuesdays in Manotick with a Caregiver Support Group; Thursdays in Kenmore Community Centre
- Transportation provided as needed by ROSSS
- 10 people on waitlist
- Opening 10 to 3 (instead of 2)

OWCS – Allan Cormier

- Mindfulness Clinics for clients and staff (all welcome) Mondays at 7 pm (20 min).
- Seeking a motivational speaker, e.g., Teepa Snow approach; Tiffany Dugas TDugas@bruyere.org with GPCSO suggested.

Montfort Renaissance – Guillaume Gervais

- Centre de service Guiges- Francophone Frail Seniors (Mon), Dementia Program (Tues, Thurs, Fri) – 4 days
- Maison de la Francophonie – Centre de soleil (beyond services, e.g., line dancing)

WOCRC – Natalie Harrison & Jennifer Jones

- Algonquin College ADP closed
- KANATA – FULL with growing waitlist
- Spaces available Thurs, Fri, and Sat at Hollyer House.

Carleton Lodge – Sylvia Nicol

- 21 on waitlist
- Care needs high

Centre d’Accueil Champlain (City of Ottawa)– Manon Geoffroy

- Dementia Program Full, 4 on waitlist.
- MON, WED, FRI – bilingual
- Tues & Thurs – French only, 2 spaces.

J.W. MacIntosh – Sarah Speer

- 1 space open; 8 on waitlist
- Existing clients want more days

Bruyere Health – Anisha Mehreja

- East end ADP
- Full capacity; overbooking on certain days if less care required
- Mondays for men
- Fridays for women
- Indoor garden
- Using Developmental Support Workers, including DSW students (PSW’s difficult to find)

Jewish Family Services – George Sladowski

- ADP serves only Jewish clients; no waitlists

- Operating at 50% capacity
- Mild to moderate care needs
- Caregiver supports available in **Supports for Seniors Services Unit** (not part of ADP)
- Facilitate 'Social Circles' not restricted to Jewish clients
- Choir for people with cognitive impairments, sometimes joined by Caregivers.

The Good Companions – Justin Sauvé & Penny Bodnoff

- Justin covering for Assistant Coordinator
- 55 individual clients
- Backlog of referrals; receiving referrals of younger clients living with autism
- Checking in on 44 people on waitlist
- 3 trial visits next week

10. Adjournment

Meeting adjourned: 11:05 am **Next Meeting: 28 March 2025 at 9:30 am via Teams.**

Penny reminded the group to make it a habit to update their program status monthly on Teams. Any questions about access to the ADP Status Chart, contact Chris Cobus ccobus@accesscss.ca