

CHOICE Programs

Supporting Healthy Independent Living

CHOICE (Comprehensive Home Option of Integrated Care for the Elderly) encourages clients with chronic medical conditions to maintain their health and independence. The program assists clients in their rehabilitation goals and helps seniors to continue living independently, and in their own home, by managing their complex health requirements.

Clients attend programs two or more times a week based on their needs and can receive a full range of medical, rehabilitative or restorative therapy, therapeutic recreation, and cognitive and personal programs.

CHOICE also provides options for overnight stays while clients receive treatment for short-term illness. Respite care is also available for all CHOICE clients at the CHOICE Dickinsfield location, providing temporary support for family caregivers by offering short-term care for their loved ones.

Specific CHOICE programs are also available for mental health issues and for people living with dementia.

How It Works

Once assessed and approved for care, clients attend a CHOICE day program multiple days per week based on their assigned schedule. Attendance frequency is determined by the individual needs of the client and program capacity.

Clients will:

- receive a variety of services from doctors, nurses, pharmacists, occupational/physiotherapists, recreation staff and social workers.
- benefit from regular social contact with other clients and recreational programming.
- have access to in-home care, telephone and after-hours emergency support.

CHOICE clients must be willing to transfer from their personal pharmacy and physician to the CHOICE program pharmacy and physician.

Who Is Eligible

For adults **60 years and older**:

- Living in the community
- Experiencing complex health conditions impacting personal well-being including physical, cognitive, mental and social factors
- Can attend the day program regularly

How to Access:

To see if CHOICE programs are right for you, talk to Continuing Care Access at 780-496-1300 or your ALA case manager.

