



**Supporting the role of the caregiver:
Caregiver Training and
Therapy-in-a-box.**



Promoting Independence and Choice

Is this right for my family?

Independence, health, fulfillment, choice

For situations where regular visits by one of our Recreation Therapists are not possible, **Caregiver Training** and **Therapy-in-a-box** offer the most cost-efficient ways to get professionally designed therapeutic programs for your loved one.

One of our therapists will visit the home or care facility and develop customized therapeutic activities geared specifically to your loved one's unique strengths, needs and interests.

Our therapist then trains you the caregiver or other family members on how to do these activities and maximize the benefits.

We can work with any age group and type of health challenge.

If committing to regular, ongoing therapeutic respite sessions is not feasible, this is the perfect alternative.

What kinds of benefits will these customized activities provide?

- Physical activation
- Cognitive stimulation
- Intellectual participation
- Social involvement
- Mental engagement
- Skill development
- Meaningful interactions
- Opportunities to feel enjoyment and pleasure

Who should use these services?

- Caregivers who want to improve the quality of living of their care recipient
- Families who visit loved ones in care facilities and want meaningful and therapeutic ways to spend the time

Promoting quality living

Custom, one-on-one, professionally delivered

Caregiver Training

- In-home assessment for unique strengths, needs and goals of the care recipient and caregiver / family
- 2-3 activity programs are designed based on results of the assessment
- Training includes essential principles to work by, step-by-step instructions, therapeutic goals for each activity, and measurements for success
- Further support for caregivers to gather necessary materials and conduct the activities
- Follow up training and consultation available anytime
- \$129.00 + HST

Therapy-in-a-box

- Everything offered with Caregiver Training, PLUS all materials, supplies, resources and storage containers for each activity
- Everything the caregiver needs is purchased, custom-designed by our therapists, labeled and ready to use
- It's like a fully equipped, tailor-made day program right in the home
- Training for the caregiver on how to adjust the difficulty level of each activity for day to day variations in care recipient's abilities
- Follow up training and consultation available anytime
- \$329.00 + HST or 3 monthly payments of \$113.00 + HST

Giving your family member more

Our services and expertise are the perfect way for families and caregivers to help the care recipient:

- **Protect their sense of independence**
- **Create and maintain conditions that promote overall health and wellness**
- **Maintain the ability and skills to have choice in their recreational activities**
- **Just have a good time**



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