



## CHATS - Community Home Assistance to Seniors

# Wellness Centre for Seniors and Caregivers

*live well, age well, be well.*

trust dignity wellness





'wellness' involves body, mind  
and spirit

**CHATS Vision:**

**Building a showcase community wellness model  
for senior care in York Region**

trust dignity wellness





# Wellness Centre for Seniors and Caregivers

## **Adult Day Program:**

The program provides a great time for seniors, and it also provides a much-needed time-out for caregivers to recharge their batteries or tend to other commitments in their lives.

## **Caregiver Support and Education:**

CHATS Caregiver Education Counselor addresses caregiving concerns and provides helpful advice through one-on-one and group consultations, workshops, web-based support, and information and referral to services that enhance a caregiver's ability to cope.



## In Markham...

In 2005, CHATS served 1,083 seniors in Markham:

Transportation	246
Lunch Out Program	200
Meals on Wheels	190
Home Help	147
Respite Care	120
Telephone Reassurance	82
Outreach (Friendly Visiting)	68
Personal Care and Support	27
Adult Day Program	3



# walk with us down the path to wellness

Join us in our journey to embrace wellness in both your personal life and  
as a CHATS stakeholder.

Thank you for your interest in CHATS!

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