



Fee for Service Programs

Day program and after-hours respite for people 18+ who have developmental disabilities



Aptus Treatment Centre's mission is to provide people who have developmental disabilities meaningful opportunities in the community to explore what matters to them. Aptus' program site for adults is the largest in Toronto. For more information, please visit www.aplustc.com.

Join Us

Aptus' Adult Day Program

40 Samor Road
Toronto, ON M6A 1J6
(north-west of Dufferin and
Lawrence St. W.)

Registration Process

Complete Aptus' 2-page application form and email to anitak@aptustc.com.

Attend an interview (including the person seeking programming at Aptus).

Based on Aptus being a good fit, a Service Agreement will be prepared for signature.

Learn More

Contact Anita Kuipers
Lead for Fee for Service
416-630-8523
anitak@aptustc.com
www.aplustc.com

Aptus is pleased to announce the launch of its activity-focused day program and after-hours respite.

Aptus' Adult Day Program is located in North Toronto with a 42,000 square foot programming space. When not engaging in the community, participants can engage in Aptus' training kitchen, art studio, gym, multi-sensory room, gross motor room, music room, workout space, dance room, performing space, computer facilities, or V.R. room (see next page). Nearby, Aptus Teaching Landscape is a year-round environmental learning space with a heated greenhouse, orchard and vegetable garden.

Activities Building Quality of Life

Regularly planning and realizing activities that are of interest to participants helps to create a sense of pattern, enhances likelihood to participate and be active, and can lead to improvements in quality of life. Aptus programs are based on this principle.

Programs

Adult Day Program (Monday-Friday 9:00 - 3:00) Participants will be supported in recreational, educational and therapeutic activities, including:

- Cooking
- Music
- Art (painting, clay, crafts, soap making)
- Cooperative table games and puzzles
- Computer
- Literacy
- Dance and therapeutic movement
- Fitness (gentle exercise and range of motion)
- Sensory and snoezelen
- Socialization
- Outings and community engagement

Before and After-hours Respite (Monday-Friday)

The above activities are offered in shorter segments (8:30am to 9am and 3-4:30 pm) with the chance to meet new participants.



APTUS

Adult Day Program Space

