

Baycrest

@ HOME

Supporting older adults with
memory changes to live well at home.



Bring Baycrest home



When it comes to caring for the health of older adults, there aren't many places in the world like Baycrest.

Baycrest@Home is built on a century of expertise in caring for older adults. Our virtual services include professionally facilitated programs focused on health and wellness, and supports for family caregivers to address solutions in safety, wellness, dementia education, and family care supports.

Baycrest@Home is dedicated to enriching the lives of older adults by empowering them to live safely, happily and longer at home.

Move, Laugh, Share Together: Our Community of Coaches and Peers



Here are some things that our members have said:

"This has been a life-saving program for our mom. She does not have hobbies so having these programs allows her to do something productive on days we do not visit, rather than watching, and falling asleep in front of the TV."

"It's really FANTASTIC that you are providing this wonderful service online! It breaks up the day for mom and her caregiver."

"It provides my mom with a vehicle to socialize, which helps her mental health."

Learn, Create and Stay Connected



The Baycrest@Home experience begins with our 30-day free trial.

\$59.00 per month after the free trial (10% off for a 6-month subscription)

Register today and start your free trial by going to **baycrestathome.ca**.

Enter code **FREE30** at checkout.

Your monthly membership includes unlimited access to a weekly schedule of live social and recreational offerings:

- Daily Exercise and Fitness classes from Stretching, Strength & Conditioning, to Seated Exercise and Tai Chi
- Interactive programs including Art, Music, Discussion Groups, Brain Games and Bingo
- Regular performances and virtual tours with exciting partners like the *Toronto Symphony Orchestra (TSO)*, *Toronto International Film Festival (TIFF)*, *the Royal Ontario Museum (ROM)*, *The Smithsonian*, *TOLive!* and more
- Growing video library of recorded programming available 24/7
- Live and on-demand education and training for families
- Member's Discount on additional Baycrest@Home Counselling and Caregiver Supports services. Contact us for more information.



Create a schedule that fits your interests or let us help you plan your day.

Call today to learn more about the wide variety of programs and classes offered to members.

Sample schedule for members:

10:00 - 10:45 a.m.	Seated Exercise
11:00 - 11:45 a.m.	Reading Club
1:00 - 1:45 p.m.	The Curiosity Lab
2:00 - 2:45 p.m.	Let's Dance!
3:00 - 3:45 p.m.	Bingo
4:00 - 4:45 p.m.	Comedy Club
7:00 - 7:45 p.m.	An Evening of Music

We are proud to be partnering with leading organizations to deliver engaging and meaningful programming.



Complimentary initial consultation available

Contact us to learn more:

Visit baycrestathome.ca

Call **647-576-HOME (4663)**

Email info@baycrestathome.ca

 @baycrestathome  @BaycrestAtHome

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@HOME



**The Bernard &
Norton Wolf
Family Foundation**

