

RESPITE STAYS



Rest. Recover. *Recharge.*

Experience comfort and peace of mind with our short-term respite stays. Whether you're recovering from a hospital stay, giving a family caregiver a well-earned break, or exploring retirement living, it's the perfect way to relax, recharge, and heal when you need it most.

- Private, fully furnished suite
- 24/7 support from our wellness team
- 3 delicious, chef-prepared meals daily
- Weekly housekeeping and personal laundry service
- Access to all amenities, activities, and V!VAfit programs



Happier Here™



Your private respite suite is thoughtfully designed for your comfort and care, with:

- Adjustable hospital-style bed¹
- Fully accessible bathroom
- Emergency alert with wearable pendant
- Medication management / administration
- Personalized support² tailored to your daily needs, including:
 - Personal care, dressing and hygiene
 - Mobility and transfer assistance (up to 2-person)
 - Continence care

¹ Upon availability

² Determined via required Wellness Assessment; conditions and additional fees may apply.

UPCOMING SURGERY? PLAN AHEAD!

Organize your post-surgical recovery plans early by pre-booking your respite stay. Visit us for a tour of our fully furnished respite suites, designed to provide all the comforts of home in a supportive environment.

**Call 905-431-7410 or email
whitbyshores@vivalife.ca**



Scan to learn more.

51 Whitby Shores Greenway
Whitby, ON
905-431-7410

Independent Living | Assisted Living | Respite Stays