

RI / RTF / RPA & COMMUNITY SUPPORT SERVICES

Recreational Outings, Social Participation & Assisted Accompaniment



HPA Québec provides accompaniment, mobility and community integration services specifically designed for intermediate resources, family-type resources, seniors' residences and vulnerable populations.



WHO WE SERVE

- Intermediate Resources (RI)
- Family-Type Resources (RTF)
- Seniors' Residences (RPA)
- Mental health organizations
- Community organizations
- Home care programs
- Vulnerable or socially isolated individuals



OUR MISSION

To improve quality of life, reduce isolation and support autonomy through structured human-centered accompaniment services adapted to the needs of each individual and organization.



OUR APPROACH

- Human support extension
- Community integration partner
- Continuity-of-care resource
- Safe, compassionate accompaniment services
- Flexible and collaborative
- Technology-enabled communication



OUR OBJECTIVES

- Reduce social isolation
- Promote mental wellness
- Encourage mobility and stimulation
- Support emotional health
- Promote autonomy and social participation
- Strengthen community integration

OUR SERVICES



1. RECREATIONAL GROUP OUTINGS

HPA Québec organizes supervised recreational outings for seniors, vulnerable individuals and mental health clientele.

- Reduce social isolation
- Promote mental wellness
- Encourage mobility and stimulation
- Support emotional health
- Promote autonomy and social participation
- Strengthen community integration



2. ASSISTED PATIENT ACCOMPANIMENT

HPA Québec accompanies residents and patients to:

- Medical appointments
- Specialist consultations
- Hospital visits
- Dialysis appointments
- Mental health follow-ups
- Social reintegration activities
- Pharmacy visits
- Community appointments
- Administrative appointments

Our HPA agents remain present throughout the visit if required.



3. MENTAL HEALTH & SOCIAL REINTEGRATION

Structured accompaniment and social participation programs focused on:

- Community reintegration
- Emotional wellness
- Routine rebuilding
- Confidence rebuilding
- Safe mobility
- Social interaction
- Prevention of isolation



4. SUPPORT FOR RI / RTF / RPA TEAMS

HPA Québec acts as an operational support extension for care teams and intervention workers.

We can assist with:

- Resident outings
- Transportation logistics
- Recreational planning
- Mobility assistance
- External appointments
- Family coordination
- Overflow support during staff shortages
- Community reintegration activities
- Social participation initiatives

EXAMPLES OF DESTINATIONS & ACTIVITIES



NATURE & RELAXATION

- Plaines d'Abraham
- Mont-Tremblant
- Parc de la Chute-Montmorency
- Jardin botanique de Montréal
- Parc Jean-Drapeau



CULTURAL & URBAN ACTIVITIES

- Vieux-Port de Montréal
- Vieux-Québec
- Oratoire Saint-Joseph du Mont-Royal
- Marché Jean-Talon
- Île d'Orléans



SEASONAL & COMMUNITY ACTIVITIES

- Sugar shacks
- Christmas markets
- Community festivals
- Waterfront walks
- Scenic drives
- Local restaurants and cafés
- Wellness retreats
- Outdoor picnics
- Group lunches
- Social cafés



EXAMPLES OF MENTAL HEALTH & SOCIAL ACTIVITIES

- Walking groups
- Coffee outings
- Grocery accompaniment
- Group dinners
- Wellness activities
- Guided city visits
- Community participation activities
- Cultural outings
- Nature outings

FLEXIBLE SERVICE MODEL



HPA SUPPORT TO EXISTING STAFF

An HPA agent accompanies the organization's intervention worker or caregiver during outings or appointments.



INDEPENDENT HPA ACCOMPANIMENT

HPA agents manage the full accompaniment and outing process independently.



RECURRING PROGRAMS

Weekly or monthly recurring outings and social participation activities adapted to organizational needs.

INCLUDED IN ALL OUR SERVICES

- ✓ Professional and caring human accompaniment
- ✓ Safety supervision
- ✓ Planning and coordination
- ✓ Adapted transportation
- ✓ Communication with families (if desired)
- ✓ Support for autonomy and well-being



BENEFITS FOR ORGANIZATIONS (OPERATIONAL)

- Reduced pressure on internal staff
- Flexible external support
- Simplified logistics
- Improved resident satisfaction
- Better family confidence



CLINICAL & SOCIAL BENEFITS

- Reduced isolation
- Increased stimulation
- Improved emotional wellness
- Enhanced social participation
- Greater community engagement
- Improved appointment adherence



GOVERNMENT & INSTITUTIONAL ALIGNMENT

HPA Québec supports initiatives related to:

- Aging in place
- Community integration
- Prevention strategies
- Mental health support
- Social participation
- Continuity of care
- Reduction of unnecessary institutionalization



TECHNOLOGY INTEGRATION

HPA Québec may integrate:

- Aging in place
- Family updates
- Real-time coordination
- Appointment tracking
- Secure communication
- Mobile care coordination
- Digital reporting
- Wellness follow-ups



IDEAL PARTNERS

HPA Québec works with:

- RI
- RTF
- RPA
- CIUSSS / CLSC
- Mental health organizations
- Community groups
- Hospitals
- Home care providers
- Pharmacies
- Social services organizations



PARTNER WITH HPA QUÉBEC

HPA Québec helps organizations improve social participation, mobility and quality of life through structured accompaniment and community support services.

Contact our team to build a customized program adapted to your residents or clientele.



Together, let's create meaningful experiences and moments that make a difference.

Human presence. Authentic support. Quality of life.