

Crestline Upstairs Impact Statement 2025



About Crestline Upstairs

Crestline Upstairs is an Interior Community Services (ICS) Supported Housing program designed to support up to two adults with diverse abilities, including complex health and behavioral support needs. Crestline Upstairs opened in May 2025 to provide structured, individualized support to adults with diverse and complex support needs. This home provides 24-hour, two-to-one staffing support, delivered in three 8-hour shifts to ensure consistent and responsive care.

Demographics

2 Male residents
A 52-year-old and a 64-year-old

Practice Principles

Crestline Upstairs goal is to enhance the quality of life for individuals by fostering social inclusion, strengthening community connections, and supporting overall health and well-being. The program focuses on maintaining a safe, supportive, and person-centred living environment while promoting independence, dignity, and quality of life for residents.

Success Stories

- Program renovations and successful opening in May of 2025
- Successfully on-boarding two residents
- Meaningful engagement with the PAC program to support resident's med protocols and behaviour support plan
- Health stability, supported by coordinated medical follow-ups and proactive daily monitoring.
- Purchase and set up of program bike to enhance daily exercising and resident well-being.
- Consistent program coverage despite staffing challenges.

Program Activities

- Active involvement in community inclusive activities like participation in the men's monthly group meetings championed by the CIC, visits to the CFC for lunch, bowling.
- Structured community outings, including grocery shopping and store visits, to maintain life skills and social exposure
- Community walks to promote physical health, routine, and neighborhood engagement.
- Scheduled recreational drives and seasonal activities like holiday light tours to encourage positive experiences and environmental engagement.
- Supported meal planning and participation in simple food preparation tasks to encourage independence and routine.
- Health and wellness monitoring, including attendance at medical appointments and follow-up care coordination.