

Adult Day Program - Objectives

- ▶ Provide supervised programming in a group setting
- ▶ Assist clients to achieve and maintain physical, intellectual, and social abilities
- ▶ Alleviate isolation and loneliness
- ▶ Provide caregivers with respite and helpful information, and
- ▶ Help people to live in the community as long as possible as they age.

Services Provided

- ▶ Activation and social activities on an individual and/or group basis, tailored to the needs of participants
- ▶ Qualified staff providing supervision and care in a safe and comfortable environment
- ▶ Assistance with daily living tasks.
- ▶ Nutritious lunch and breaks

Common Activities

- ▶ **Physical** - exercises and games that promote the benefits of movement
- ▶ **Intellectual** - activities that provide mental stimulation and promote brain health
- ▶ **Social** - one-on-one and group conversation, musical activities, recreation
- ▶ **Environmental** - outings, gardening, adapting to various surroundings
- ▶ **Confidence Building** - asset focused activities, to build self esteem