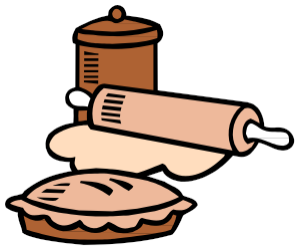


## Home Care Offices in the Kelsey Trail Health Region

Hours: 8 a.m. – 4 p.m.  
Monday – Friday

Carrot River Area	306-768-2020
Hudson Bay Area	306-865-5602
Kelvington Area	306-327-5520
Melfort Area (includes St. Brieux)	306-752-1780
Naicam Area	306-874-2276
Nipawin Area (includes Cumberland House, Arborfield & Smeaton)	306-862-7250
Porcupine Plain Area	306-278-6270
Tisdale Area	306-873-3645
Rose Valley Area	306-322-2115



# Adult Day Program

## Information Booklet



## PURPOSES OF DAY PROGRAM

1. To maintain or increase the individual's capacity to perform the activities of daily living thus facilitate a more active and independent lifestyle.
2. To provide relief to care providers so they can rest or carry out other tasks such as shopping.
3. To alleviate loneliness/isolation by providing a supportive and interactive environment.
4. To foster improved physical and mental well-being.
5. To prevent/delay long-term institutionalization.



## PROGRAMS AND SERVICES

1. Activity Program to improve memory and physical abilities.
2. Exercise Program to improve sense of balance and to increase strength.
3. Social and recreational programs to give a sense of belonging and to provide enjoyment.
4. Bathing and toileting assistance.
5. Nutritional meal and snacks.(lunch and two coffee breaks)are provided.
6. Beauty Salon is available on site. There is a separate fee.

## ADMISSION

Referrals may be made by phoning the local Home Care at office. A Home Care nurse assessor will review the referral and arrange the appropriate services.

## TRANSPORTATION

Transportation to and from the Day Program is the applicant's responsibility. Family or friends can bring you or Individuals may use the taxi or Handi-van if necessary and available.

## HEALTH

Individuals ill with colds for example, cannot attend day program on those days. If an acute illness occurs while attending day program, family will be contacted.

## MEDICATIONS

Any required medications must be sent with the individual attending day program. Day program staff will remind the applicant to take the medications at the due time.

## BATHING

Home care will assist with scheduled bathing if required. Separate fee applies.

## SAFETY

Precautions such as a roam alert bracelet, name tags, sign in and sign out sheets may be utilized.

## FEES

All clients are charged a standard fee per day. One day notice of cancellation is required to avoid charge.