

## PURPOSE

To provide an adult day health service to seniors with various needs in the Vancouver area through intergrated programs/services.

1. To enhance the senior's quality of life
2. To increase social stimulation
3. To maintain or improve senior's optimal functional level.
4. To provide a safe, secure and therapeutic environment to the Dementia clients.
5. To provide respite for family care givers.

## GOAL

Through the Adult Day Centre, seniors can stay healthy & happy in the community as long as possible, preventing inappropriate hospital visits and delay or prevent institutionalization.

## SERVICES

### Services provided:

**Recreational Activities**, such as baking, crafts, chess, singing, etc.

**Delicious and nutritious Oriental meal.**

Dietitian service is available if required.

**Exercise group.** Physiotherapy service is available if required.

**Health monitoring** such as Blood Pressure, Blood sugar, Wound Dressing, etc.

**Field trips:** at least once per month, if weather permits.

### Services that can be purchased:

Podiatrist, Hairdressing, Bathing, Congregated meal and Respite care in future.

## CRITERIA

Who qualifies for the program?

1. Senior can be male or female and to be 60 years or older
2. Senior can be mobile or in wheelchair.
3. Senior can be independent or requiring assist in eating.
4. Senior can have dementia but not aggressive.

## TIME OF OPERATION:

Monday to Friday 9:00 am – 3:00 pm  
(closed weekends and holidays)

If you are interested in this program and meet the criteria, please contact the health unit at 604-263-7377.

**FEE:** \$7 per visit (not including transportation fees)



**This program is funded by the  
Vancouver Coastal Health Authority.**



**錢梁秀容日間護理中心  
Chieng's Adult Day Centre**



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