

Can I try it out?

Yes, you sure can! You can try it for a few days to see if you like it.

We suggest you come for at least 4 visits to see if you will enjoy and benefit from the program.

If you are a client with Home Health, contact your community health nurse.

If you are not yet a client of Home Health, contact the Home Health Service Line (1-855-412-2121). We will connect you with a community health nurse.

The community health nurse will then do these things:

- Speak with you to find out if a day program is right for you.
- Refer you to a day program in your area if it seems like it would be good for you.

When a spot opens up, staff will call to set up a time to meet you and give you a tour. They will chat with you about your interests, your health challenges, and your goals.

Where are day programs offered?

We have over 20 day programs offered at sites across Fraser Health, from Burnaby to Boston Barr.

How to find a program near you:

- Speak with your community health nurse.
- Call our Home Health Service Line. 1-855-412-2121
- Check online at fraserhealth.ca/dpoa or scan this QR code.



How will I get to the program?

Usually people are brought to the day program by a family member, caregiver, or HandyDART.

HandyDART is a door-to-door, shared-ride service for people who cannot use public transit without help. To use it, you must register for it. Your community health nurse can help you get started with this.

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies: patienteduc.fraserhealth.ca

Day Program for Older Adults



Photo by Matthias Zomer from Pexels



What is this program?

This is for older adults who have health challenges and want to keep living as independently as possible. The program provides social connection, fun activities, exercise, and health checks.

At the same time, the program gives caregivers some time away from being a caregiver.

We offer both in-person and virtual day programs.

Who can take part?

You can take part if you have ongoing health challenges and you are looking for any of the following:

- opportunities to connect with others
- opportunities to keep your mind and body active
- help with memory challenges
- help with your care needs
- opportunities to give your caregiver time to care for their own needs

What can I expect when I attend?

A day program lasts from 5 to 6 hours. They are offered during the week and sometimes on weekends. You might be able to attend more than one day a week depending on your needs and the space available.

Expect to meet other older adults and have a choice of activities such as:

- exercise and movement games
- social activities
- brain games and other activities

Our trained staff includes recreation staff, health care assistants, and nurses. They are there to help with the activities and, if needed, check in on your health. Should you need it, staff can help with toileting, personal hygiene, and medications. Some sites offer help with bathing as well.

How much does it cost?

While the cost does vary between sites, the most you pay is \$10.00 for each day. The fee includes the activities, snacks, and lunch.

What are the benefits?

Studies tell us that older adults who regularly go to a day program are more likely to experience some or all of these things:

- ✓ Stay living at home longer.
- ✓ Stay more active.
- ✓ Make connections and friends.
- ✓ Feel healthier and happier.
- ✓ Spend less time in hospital.

What do people say about it?

Here are 2 examples of what people are saying about our day programs.

Client: *“What I like best is to get out of the house and have a different experience than my everyday life.”*

Caregiver: *“My husband is a very social person and is always eager to go to the program. Having 5 hours to myself is a veritable life saver and gives me time to breathe.”*