

## Go the Distance

### A Virtual Day Program for Older Adults

**Go the Distance** is for older adults who cannot attend a regular Day Program in person.

You can see, hear, and talk to Day Program team members from the comfort of your home. You can join in 2 ways:

1. You can join by telephone.



2. You can join using smartphone, tablet, or personal computer that has a web camera and microphone.



This is a time for you to connect with others in an enjoyable way. You can join in group activities, connect with a Day Program team member on your own, or both.

We work with you to create a plan of activities that work for you.

If needed, we can connect you with other health care and services.

**Go the Distance** helps you:

- ✓ Keep your mind active.
- ✓ Connect with others.
- ✓ Feel good.

Examples of activities you can take part in:

Jeopardy                      Name that Tune  
 Exercise                      Bingo  
 Coffee and Conversation Groups  
 ... and more!

### Getting You Started

A Day Program team member calls you to begin to get to know you. You can decide to have visits over the phone, the computer, or both. Together, we look at what works best for you.

If you have a support person, that person can join you for your visit if you wish.

Some people worry about using technology. We are here to support you and help with any problems.

Each visit is about 30 to 60 minutes depending on the conversation and activity.

### To learn more

Speak with a team member at the Day Program you are attending.

Would you like to take part in a Day Program and not already attending one?

Call our Home Health Services Line: 1-855-2121 (open 7 days a week, 8:30 a.m. to 9:00 p.m.)

[www.fraserhealth.ca](http://www.fraserhealth.ca)

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