

Referrals

Referrals must come through the Long Term Care Access Centre Home Care Case Co-ordinator.

Catchment Area

Referrals are welcome from **all** areas of the city of Winnipeg. The St. James catchment area will be prioritized. It is recommended that clients attend only one Adult Day Program site.



There are many benefits and outcomes of Adult Day Program participation for clients with Alzheimer's Disease and related dementias. Some of the benefits include: increased self esteem and purpose for the client, reduction of caregiver burnout, delayed PCH placement, an enhanced sense of community with friendship development, a peer support group, and skill maintenance for the participant. Skills that are maintained include: motor, activities of daily living, communication, social, cognitive, language, word and number recognition. Caregivers have seen the benefits of programs designed specifically for people with dementia and the impact of maintaining brain health in a stimulating and safe environment.



DEER LODGE CENTRE

Making lives better

A Community-Based Group Program

A Get-Away Break for the Participant and Caregiver

Arrange for a trial visit or for more information call:

Phone: (204) 831- 2572

Fax: (204) 831- 2123

E-mail: hmaynard@deerlodge.mb.ca



DEER LODGE CENTRE

Making lives better

GET AWAY CLUB

**Adult Day Program
For
Seniors with Dementia**



**A Community-Based
Group Program**

**A Get-Away Break for the
Participant and Caregiver**

Call: (204) 831-2572

Aging in Place — In Your Home and Community

With the elderly population numbers continuing to rapidly rise and caregivers trying to balance their busy lives and keeping their loved ones out



Playing an Active Game

of nursing homes, the importance of an Adult Day Program (ADP) is one of the best kept secrets available in the community. The Adult Day Program is an option that meets both the needs of the caregiver to take a much needed break and to provide the older adult with dementia an opportunity to get out of the house for socializing with others and receiving needed services. ADP is a planned program of activities specifically designed to promote well-being in a safe, supportive and cheerful environment. The services are available Monday through Friday with nutritious meals and snacks and pre-arranged accessible transportation to and from the facility. The programming is a model of purposeful socializing for seniors. This service provides the caregiver a respite from their 24 hour responsibility, allows them to work outside their home, and allows for time away to rejuvenate. Rather than being placed in a personal care home, this enables the senior adult to receive episodes of supervised care outside their home and remain in their home and in their community - Age in Place.

Get Away Club

LOCATION: Deer Lodge Centre at 2109 Portage Avenue.

PARTICIPANTS: The Get Away Club at Deer Lodge Centre is adult day programming specifically designed to meet the needs of the moderate cognitively impaired elders. We provide health maintenance and socialization in a supportive environment to seniors (65 years & older) who because of cognitive impairment (Alzheimer's) are socially isolated and may deteriorate in functioning. This provides a respite to caregivers.

TIME: Our program runs from 10 AM to 2 PM. You will be picked up and returned by Vital Transit to and from your door. Pick-up can be 30-45 minutes prior to program start. Participants usually attend the program once a week.

FIRST VISIT: There is an option for a support person to accompany you on your first visit with us. They can ride on the Vital Transit bus if we receive notification of this intent. We will provide lunch and snacks during the day for the participant. Please bring along any personal products that you will require during your visit.. All medication to be taken during the program must be in a container and labelled with the client's name, the name of the medication, and the time it is to be taken. Staff will verbally prompt the client to take their medication, but will not physically administer the medication. We are not a medical program, so if you are unwell it may be best to stay home.

COST: We do charge a small per diem fee per scheduled visit. This helps to offset the cost of the program. This fee will be charged to hold your spot even if you miss a visit.

If you are unable to attend please call our central line at **831-2572** to leave a message as early as possible. We will take care of cancelling transport for you. Please leave any questions you may have at the above number at any time. Someone will call back with the answer shortly. We look forward to our visits with you.

Participant Eligibility

The participant must:

- Have all reversible or treatable causes of impairment ruled out.
- Be currently living at home.
- Be able to move around a room independently with or without mobility aides.
- Be able to dress self, given verbal or physical prompts.
- Be able to physically tolerate being active for a day (6-8 hours) without extreme fatigue or exhaustion.
- Be able to identify and express feelings and be able to communicate personal needs.
- Demonstrate that emotional responses to situations and degree of control exhibited are within cultural norms.
- Be able to feed self with minimal or no assistance.
- Have continence managed.

Activities

- Active Games
- Word/Cognitive Games
- Stretching and Chair Exercises
- Music
- Horticulture
- Conversation and Socialization
- Holiday and Birthday Celebrations
- Discussion groups (current events, peer support, etc.)

Staff

- Recreation Coordinator
- Recreation Facilitator
- Health Care Aide/Unit Clerk