



Winnipeg Regional  
Health Authority  
*Caring for Health*

Office régional de la  
santé de Winnipeg  
*À l'écoute de notre santé*


# **Adult Day Program**

## **Care4u Family Conference**

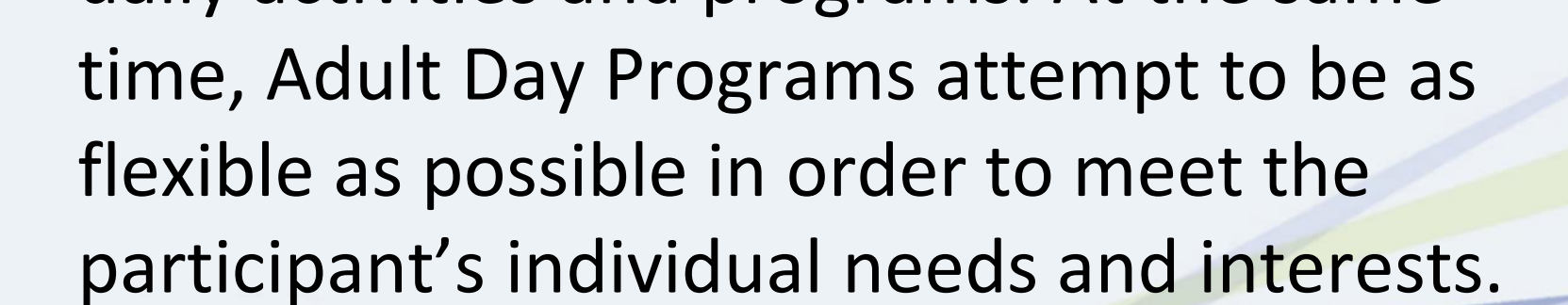
*Presented By:*  
*Joanne DiNicola, Manager of Initiatives*  
*Long Term Care Program*

*Date: October 29, 2016*


# Agenda of Presentation

- Adult Day Program Overview
  - How to Access the Program
  - Eligibility Criteria
  - Benefits of the Adult Day Program
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# Adult Day Program Overview

- Community-based grant funded program of the Winnipeg Regional Health Authority
  - The program provides social and recreational opportunities
  - Adult Day Programs are structured in their daily activities and programs. At the same time, Adult Day Programs attempt to be as flexible as possible in order to meet the participant's individual needs and interests.
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# Adult Day Program Overview

- Participants pay a Participant Fee per day directly to the Adult Day Program sponsor
  - Adult Day Programs are located throughout the Winnipeg region, in a variety of settings
  - Total of 220 spaces
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# Adult Day Program Overview

## Sponsoring Agencies:

Actionmarguerite St. Boniface

Charleswood Adult Day Club

Golden West Centennial Lodge

Concordia Adult Day Club

Fred Douglas Lodge

Deer Lodge Centre

Holy Family Home

Independent Living Resource Centre

Lions Place

Luther Home

Manor Adult Day Club

Middlechurch Home of Winnipeg

Oakview Place

Park Manor Care

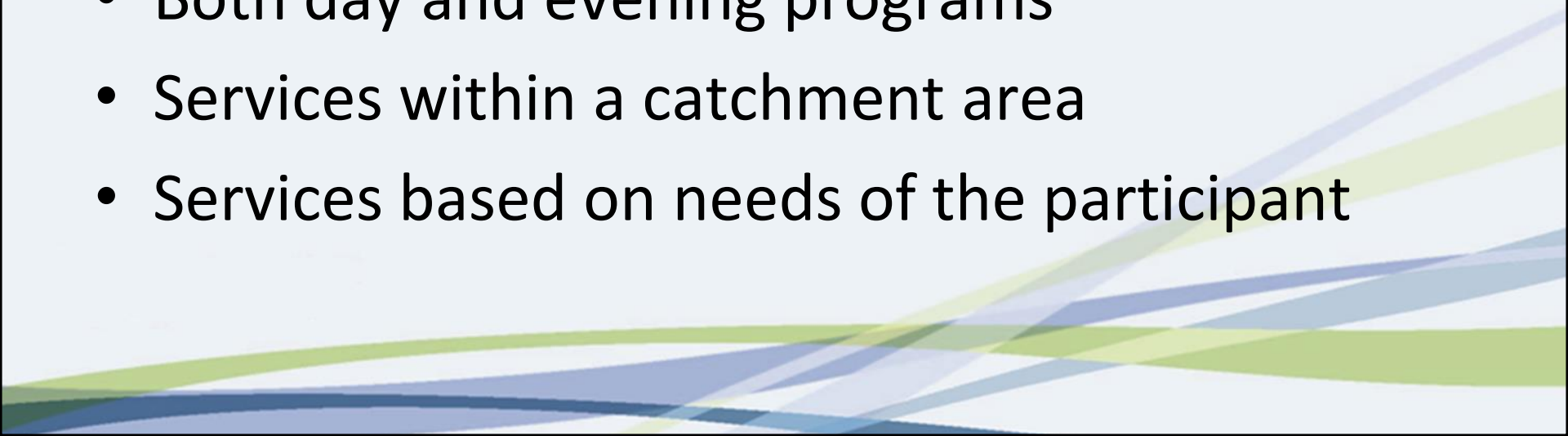
Riverview Health Centre

South YM-YWCA

The Saul and Claribel Simkin Centre


# **Adult Day Program Overview**

## **Services Provided in the Adult Day Program:**

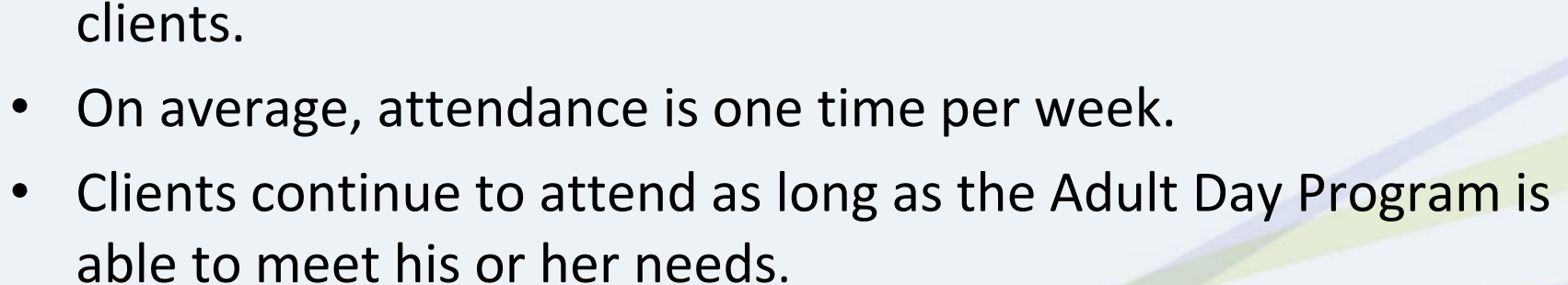
- Therapeutic recreational programs, mental fitness programs, physical fitness programs and socialization and peer support
  - Respite and support to caregivers
  - Both day and evening programs
  - Services within a catchment area
  - Services based on needs of the participant
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# Adult Day Program Overview

## Services Continued

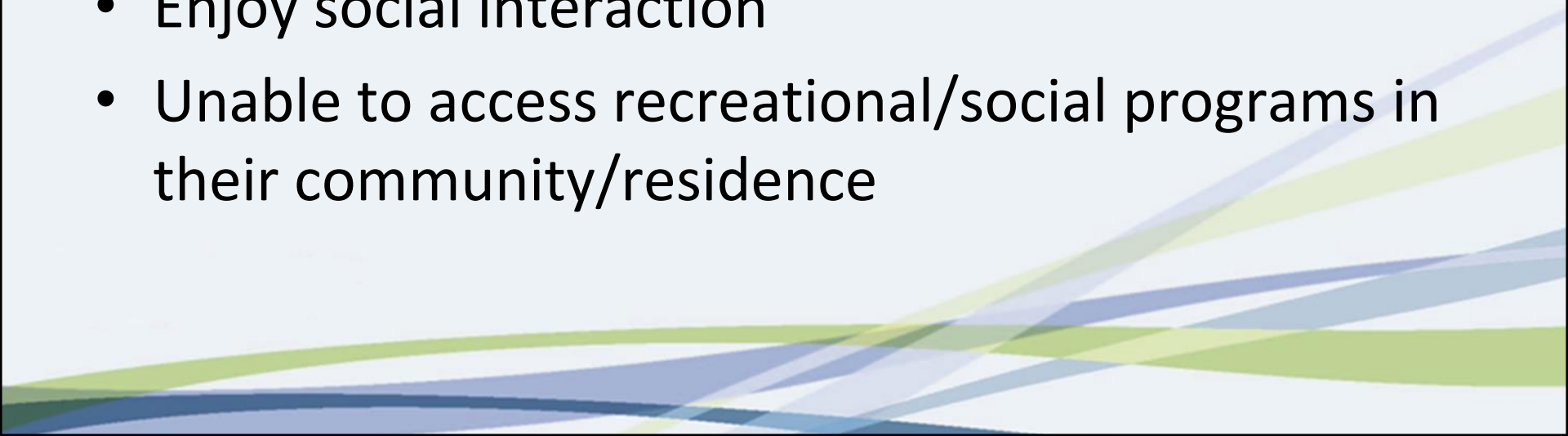
- Transportation within catchment area to and from the program
  - Nutritious meals & snacks
  - Education on health promotion activities
  - Outings within the community
  - Rest periods based on participant need
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# How to Access Adult Day Program

- Referral by Home Care Case Coordinator based on assessment of eligibility criteria
  - Clients are matched with an Adult Day Program within their catchment area unless their needs call for a specialized Adult Day Program.
  - Specialized programs available for clients with dementia, respiratory concerns, and young adults with physical disabilities. There is also a program offered for Francophone clients.
  - On average, attendance is one time per week.
  - Clients continue to attend as long as the Adult Day Program is able to meet his or her needs.
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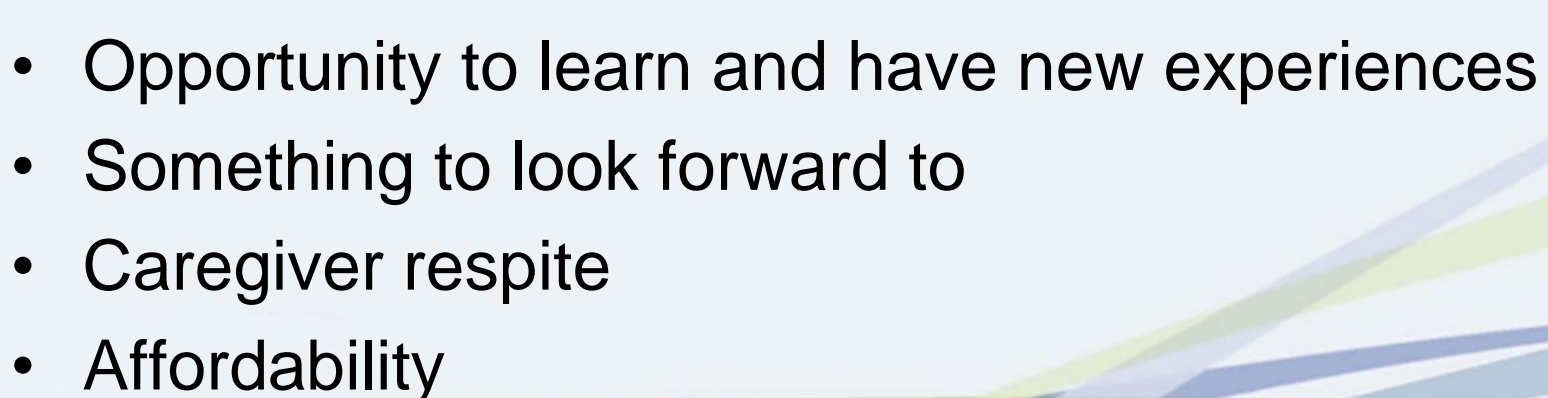
# Eligibility Criteria for Adult Day Program

- Admitted to WRHA Home Care Program
  - Adults who may be isolated, physically frail, cognitively impaired, or living with chronic conditions, and who have limited ability to access recreational/social activities in the community
  - Able to participate in a group setting
  - Enjoy social interaction
  - Unable to access recreational/social programs in their community/residence
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# Eligibility Criteria for Adult Day Program

- Families/caregivers require respite as they care for adults who may otherwise be at risk of placement in long term care
- Function:
  - Able to ambulate (with aids as needed) and transfer independently, or mobilizes with wheelchair but able transfer on their own;
  - Able to follow simple directions or instructions;
  - Continent and/or independent in management with continence products;
  - Require minimal or no assistance with medication management.

# Benefits of Adult Day Program

- Socialization with peers
  - Decreases feelings of isolation
  - Developing friendships
  - Sense of community
  - Activities help to maintain strength and mobility, mental stimulation
  - Enhanced mood
  - Opportunity to learn and have new experiences
  - Something to look forward to
  - Caregiver respite
  - Affordability
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*Thank  
You*

The image features a light blue gradient background. At the bottom, there are several overlapping, wavy lines in shades of green, blue, and purple. In the center, a white rectangular box contains the words "Thank You" written in a cursive, multi-colored font. The word "Thank" is in shades of blue and green, while "You" is in shades of blue and red.