

# Keeping You Well and in Your Home

Adult day programs provide social, physical, and cognitive activities in a safe, structured setting. The goal is to help you maintain your independence and stay in your home for as long as possible.



Our day program for people with dementia provides:

- Social activities like reminiscing, coffee chats, cards and entertainment
- Physical activities like group exercise, floor curling/hockey, walks
- Cognitive activities like brain games, word games, board games and mind teasers
- Personal assistance with daily tasks, as needed; for example, medication assistance, cueing or help with clothing, to use the toilet or to get you set up to eat
- 1:3 staff to client ratio; staff includes LPN, recreation therapist, recreation therapy aides, care manager oversight
- Caregiver respite for people who assist you at home
- Lunch and snack

Location:

**McConnell Place North**

9113 – 144 Avenue

780.371.6680

Hours:

9:00 am to 3:00 pm

Monday to Saturday

Costs:

\$10.00/day

Usually two days/week

Transportation is NOT provided to and from our day programs

# Day Programs: Respite for your loved ones

Barbara and Peter Prinsen, both 72, met in high school and haven't been apart since they were married 51 years ago.

So when Barbara developed dementia three years ago, the couple began looking for programs to keep Barbara busy with activities so that Peter could run some errands, and the couple could



Barbara and Peter at the Day Program at McConnell Place North.

stay together in the home they have lived in for 40 years. Once a week, Barbara attends the Day Program at CapitalCare McConnell Place North, a cottage style residence for people living with dementia.

*“She’s always smiling when I pick her up.”*

Barbara, who used to work as an executive assistant, raised two children, and did most of the housework – including putting together three-course Chinese dinners – was anxious at first when Peter would drop her off. “Now she doesn’t ask for her husband as often and is happy to enter the space,” notes Tammy McLeod, a licensed practical nurse with the program.

The small number of program participants, higher client to staff ratio, and activities targeted specifically at memory care have a lot to do with the programs’ success. “She’s always smiling when I pick her up,” says Peter, adding now that they can spend some time apart, their dinner dates are even more special. “He’s still okay, you know,” says Barbara with a smile.