

## Adult Day Support Guiding Principles

### Adult Day support programs:

- Are community based
- Respect autonomy, choice, capacity and dignity of adults
- Offer services that are directed to the older adult's assessed needs
- Promote the individual's optimal level of independence
- Promote support, respite and education for families and other caregivers
- Facilitate the maintenance of social skills and interaction
- Are provided in a cost effective manner within available resources
- Are evaluated by accountability measures for defined service goals

## Hours of Operation

Social Program  
Tuesday to Friday, 10 a.m. - 4:00 p.m.

Medical Rehabilitation Program  
Tuesday to Friday, 10 a.m. - 4:00 p.m.



St. Michael's  
HEALTH GROUP

## ADULT DAY SUPPORT PROGRAMS



St. Michael's  
HEALTH GROUP

St. Michael's Health Group  
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St. Michael's Adult Day Support Programs provide ongoing services to adults with chronic physical and cognitive limitations. These programs support individuals in the community optimizing their level of health and sense of well being. Adult Day Support programs are classified as Medical Rehabilitation or Social. Clients are admitted to the type of program that matches their defined needs.

### General

- Accredited by Alberta Council of Disability Services (ACDS)
- Professional on-site staff with extensive program experience
- Out-trips
- Home made lunches (based on Canada's Food Guide)
- Snacks
- Occupational Therapy
- Physical Therapy

### Social Program

#### Population

For adults in the community with physical and/or mild cognitive limitations that require/enjoy social interaction with people in their age group.

#### Services Offered

- RN / LPN on site
- Medication assistance
- Foot and nail care (fee applies)
- Social Activities

- Respite for caregivers
- Hairdressing on site - designated days (by appointment, fee applies)
- General exercise classes

### Medical Rehabilitation Support

#### Population

Adults living in the community with one or more characteristic(s): physical, emotional or social limitations that need assistance to maintain their independence. Adults who have the potential to improve function and quality of life and delay the need for more costly health services. Referral is required. Due to subsidized nature of the program, client's attendance and improvement are monitored.

#### Services Offered

- Initial assessment and goal setting within 6 weeks by P.T./O.T. and RN
- Re-assessment of client goals and care plans every 6 months
- Medication assistance
- Physical therapy
- Occupational therapy
- Blood sugar testing
- Blood pressure monitoring

- Foot and nail care (fee applies)
- Limited personal care
- Respite for caregivers
- Recreational therapy
- Exercise programs
- Client and family education
- Hairdressing on site - designated days (by appointment, fee applies)

