

## Harbour View Hospital Adult Day Program

Harbour View Hospital's Adult Day Program supports participants' physical, mental, social, spiritual, and recreational needs. It also gives respite for caregivers.

### Program info

- **Hours:** Monday to Friday, 9 a.m.–2:30 p.m. (closed on holidays)
- **Cost:** \$10 per day
- Taxi service can be provided in some areas.
- Participants must bring any personal care items and medications that they need while they are at the Program.

### Who should attend the Program?

- Adults with various physical and/or mental abilities who may benefit from friendship and spending time with others.
- Adults looking to add some quality and purpose to their day.
- Participants must be able to move and transfer on their own, with a little help, or with the help of a cane, walker, or wheelchair.

### What will happen at the Program?

A typical day may include:

- › tea or coffee and a chance for clients to chat
- › gentle, seated exercise
- › physical and cognitive group programs
- › discussion groups
- › hot lunch and snacks
- › weekly spiritual services
- › weekly entertainment and/or dancing
- › monthly community outings
- › health promotion talks
- › performances by school groups/choirs/dancers
- › holiday and special event celebrations

## How do I join the Program?

- Application forms are available at Harbour View Hospital and at your family health care provider's office.
- Application forms can be dropped off at Harbour View Hospital, or faxed to 902-736-0721.

“Best thing I ever did was come to this program. My family is really happy I'm going. We get to do things here that we would not normally do at home and there's lots of laughs”. – Program participant

### Contact info

22 Richard Street  
Sydney Mines, NS B1V 2H7  
Phone: 902-736-2831  
Fax: 902-736-0721

**What are your questions?**

**Please ask. We are here to help you.**

#### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

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

*Prepared by: Harbour View Hospital Adult Day Program*

*Designed by: NSHA Library Services*

The information in this handout is for informational and educational purposes only.  
The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.