

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 information

- **Hours:** 9 a.m. to 2:30 p.m., Monday to Friday (closed on holidays)
- **Cost:** \$10 per day (may be higher if you live outside the service area)
- 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 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

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.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

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