

Glace Bay Hospital Adult Day Program

Glace Bay 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)
 - › The program is closed on weekends and holidays.
- **Cost:** \$10 per day (the cost may be higher if you live outside the service area)
- Taxi service can be provided in Glace Bay and surrounding areas.
- Participants must bring any personal care items and medications they need while they are at the program.

Who can attend?

- You can attend the program if:
 - › You are 55 years old or older
 - › You have various physical and/or mental abilities and may benefit from friendship and spending time with others
 - › You want to add some quality and purpose to your day
 - › You can move and transfer on your own, with a little help, or with the use 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
 - › Hot lunch and snacks
 - › Gentle, seated exercise
 - › Physical and cognitive (thinking) group programs
 - › Discussion groups
 - › Health promotion talks
 - › Performances by school groups, choirs, or dancers
 - › Weekly spiritual services
 - › Weekly entertainment and/or dancing
 - › Monthly community outings
 - › Holiday and special event celebrations

How do I join the program?

- You can get an application form from:
 - › Glace Bay Hospital
 - › Your primary health care provider (family doctor or nurse practitioner)
- Please drop off your application form on the first floor of the Glace Bay Hospital.

Contact:

Glace Bay Hospital

300 South Street

Glace Bay, NS B1A 1W5

To learn more about the Adult Day Program:

- › Phone: 902-842-2807

“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

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>

*Prepared by: Glace Bay Hospital Adult Day Program
Designed and Managed by: Library Services*