



2026

Adult Day Clinic

**Eastern Shore
Memorial Hospital**

What is the Adult Day Clinic?

- The Adult Day Clinic offers a range of health care and support services. Our goals are to:
 - › Help you stay in your home safely and independently for as long as possible
 - › Improve your quality of life
 - › Help your support person(s) make daily responsibilities more manageable
- Most people come to the clinic once every 1 or 2 weeks. Talk with clinic staff about what is right for you.

Who is the clinic for?

- The clinic is for adults (18 years old or older) who:
 - › Have a cognitive (thinking) or physical condition
 - › Need more than 1 of the services offered by the clinic
 - › Feel alone or lonely
 - › Want to socialize (talk, do activities, or spend time with other people)

- It is also for people who are caring for a loved one and:
 - › Need support
 - › Need help managing their own health, well-being, or personal care

What services does the clinic offer?

- › Foot care
- › Dressings for injuries or ulcers
- › A tub bath or a shower
- › Answering questions you may have about your health
- › Medication review
- › Helping you arrange home care
- › Recreation (like socials, cards, games, and other activities)
- We can also book appointments like:
 - › Blood work or other tests
 - › Physiotherapy
 - › Occupational therapy
 - › A social worker
 - › A dietitian

What will happen when I come to the clinic?

- Please come to the clinic by 10 a.m.
 - While you are at the clinic, you may:
 - › Have coffee and muffins with clinic staff and visitors
 - › Have a tub bath, a shower, or other personal care, as needed
 - › Have your vital signs (like your temperature, blood pressure, heart rate, pulse, and breathing) checked. This will be done at every visit.
 - › Have lunch and a dessert
 - › Have a treat (like ice cream)
 - › Socialize, play cards or games, and do other activities
 - › Access other services, as needed
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Is there a cost?

- Your first visit to the clinic is free.
- Each visit after the first costs \$25. You can pay in cash and we will give you a tax receipt.

For more information:

- › Phone: 902-885-3602

Adult Day Clinic

Eastern Shore Memorial
Hospital

22637 Highway 7

Sheet Harbour, NS

Hours: 10 a.m. to 3 p.m.,
Tuesday to Friday

What are your questions?
Please ask a member of your
health care team.
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>

Prepared by: Adult Day Clinic, ESMH
Designed and Managed by: Library Services

WX85-2652© July 2026

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To be reviewed July 2029 or sooner, if needed.

Learn more: <https://library.nshealth.ca/patient-education-resources>

