



PILGRIMS HOSPICE SOCIETY



ADULT DAY PROGRAM

WWW.PILGRIMSHOSPICE.COM

WHAT IS A DAY PROGRAM?

Adult Day Programs are for people over the age of 18 who are still living in the community and require services to help maintain or improve physical and cognitive function.

They provide opportunities to connect, socialize, and participate in a variety of activities with support from trained recreation and nursing staff. Day Program also provides much-needed respite for caregivers.



Pilgrims Adult Day Program is a contractor of Alberta Health Services, and therefore there is a \$10/day fee to attend.

Hours of Operation

Monday, Tuesday, Wednesday*
9:30am - 3:30pm

**clients generally attend one day a week*

WHO IS ELIGIBLE?

A Wellness level day program is suitable for people who:

- are living in the community;
- maintain contact with a physician;
- have needs that can be met by Day Program staff and volunteers;
- are motivated to become involved and actively participate in the program;
- do not require constant 1:1 supervision or cueing;
- are able to function appropriately in a group setting;
- can commit to attending consistently*.

****not a drop-in program***



The Adult Day Program supports clients that face health challenges such as (but not limited to):

- Alzheimer's Disease (early stage)
- Parkinson's Disease
- Cancer
- COPD
- Stroke
- Heart failure
- Anxiety/Depression

REFERRAL PROCESS

Adult Day Programs run under the Home Care umbrella and require a referral from a Home Care case manager. Pilgrims Hospice Society does not accept referrals directly.

If you do not currently have a case manager, please contact Continuing Care Access at 780-496-1300.

All referrals are received by the AHS Intake Coordinator for review, and if appropriate your name will be added to our waitlist. Once a spot is available, Pilgrims will receive your referral and contact you to setup an intake meeting.





Programming:

- Physical Activities – daily exercises, floor curling, horseshoes, bowling, balloon volleyball
- Cognitive Activities– brainteasers, trivia, JEOPARDY, Family Feud



- Educational Presentations – health and wellness, science and nature, sports, travel, history and technology
- Cooking/baking
- Art
- Music and pet therapy
- Morning coffee/snack and home-made lunch provided



"Fred feels comfortable and safe there...a place where he belongs....his "happy space". Every day when I drop him off he has a smile on his face and every day when I pick him up he has that same smile."
- Family member of client

WHY IS RECREATION IMPORTANT?

Studies have shown the importance of physical exercise, socialization and the acquiring of new knowledge and skills to slow both cognitive and physical decline. By creating quality recreation programming, we aim to help individuals stay independent and living at home for longer.

Benefits

- Reduced anxiety/depression
- Improved cognition
- Improved mobility/strength/stamina
- Improved mood
- Emotional support and social connection
- Respite for caregivers



CONTACT US

Pilgrims Hospice Society
9808 148 St Edmonton AB T5N 3E8

Gillian Bennett, B.Ed., Rec.T.
Manager, Adult Day Program

D. 825-467-8585

E. gillianb@pilgrimshospice.com

