



THEME Adult Day Program

VISION

An Adult Day Program where older adults can benefit from services and activities in a safe and comfortable space, while providing respite to family and friend care givers.

Key Elements:

- Inclusive therapeutic programming
- Intergenerational programs
- Dementia support, education, and services
- Socialization and peer interaction
- Healthcare programs and services
- Technology/game centre



WHY IT MATTERS

- The community and surrounding areas have a large population of older adults
- Activities and services are important to prevent loneliness, helplessness and boredom in older adults
- Prevents social isolation
- A need for respite for family and friend care providers
- An opportunity to provide for seasonal activities



GETTING STARTED

- Identify potential community space
- Research existing Adult Day Programs in New Brunswick
- Determine the parameters and regulations for the space
- Secure funding from the Government of New Brunswick/the Department of Social Development



REQUIRED RESOURCES

- Staff and volunteers
- Funding, budgeting, sponsorships and fundraising
- Strategic planning
- Key community partnerships
- Flexible programming
- Appropriately sized space



AVAILABLE RESOURCES

- The Passamaquoddy Lodge 'Community Hub' space
- Current exercise class offerings could potentially be replicated and modified at the Adult Day Program to accommodate mobility needs



CONSIDERATIONS

- Space regulations for 60 square feet per person
- Wheelchair accessible location
- Staffing ratios (1:12)
- Needs assessment to determine use
- Scheduling
- Advertising and publicity
- Funding
- Maintenance
- Accessible/affordable transportation



MOVING FORWARD

- Explore how Passamaquoddy Lodge can support this initiative
- Connect with other Adult Day Programs in the province to learn about their programs and how they got started
- Find out what supports, education materials, services are available through the Alzheimer's Society of New Brunswick
- Partner with a local health professional to provide education to volunteers and staff on dementia and other neurological diseases or challenges

- Seek out trained therapeutic recreation professionals to create and deliver programming
- Seek out possible transportation services
- Gauge interest in and deliver a caregiver support group

