Adult Day Program

HOME CARE

What is an adult day program?

Adult day programs are designed for people over the age of 18 who may have physical and/or memory challenges, or are living with a chronic illness. The programs play a key role in allowing people to remain living in the community as long as possible by optimizing their level of physical, spiritual, social and emotional functioning.

Adult day programs also provide respite and education for caregivers.

Basic adult day programs are appropriate for medically stable individuals. They focus primarily on socialization needs and providing the caregiver respite.

Adult day programs target medically complex adults and include an additional professional health component. In addition to socialization and respite, the programs provide professional services including rehabilitation, social work, nursing and on-site access to physician services.

To see if an adult day program is right for you, talk to your AHS case manager.

Who is eligible for adult day programs?

Clients are eligible for adult day programs with a valid Alberta healthcare card and who live in a community setting.

Those who live in supportive living, long-term care or are receiving funding from Persons with Developmental Disabilities are not eligible.

Adult day programs are appropriate for adults:

- who are able to regularly attend and participate in the program
- who are able to function appropriately in a group setting
- who are at risk of losing their ability to manage independently in the community, but wish to continue living at home (and can do so safely)
- with a history of increased healthcare usage
- with chronic or complex medical conditions
- with signs and symptoms of cognitive impairment
- whose caregiver is in need of respite





What can caregivers expect?

Adult day programs offer caregiver support and respite, as well as a variety of professional and support services.

Basic adult day programs

Basic adult day programs offer goal-oriented social and recreation activities, exercise, health monitoring and assistance with the activities of daily living such as medication assistance. Some communities offer specific programs for those with dementia or complex needs.

Comprehensive adult day programs

Comprehensive adult day programs focus on the needs of clients who may have physical and/or cognitive impairments, difficulties with communication, impaired judgment and may require assistance with behaviour management. Comprehensive adult day programs offer the same services as basic adult day programs, plus professional healthcare and in-home support services coordinated directly through the adult day program.

Note: The types of adult day programs offered may vary by zone. Comprehensive adult day programs are not available in all communities

How much does it cost?

Basic adult day programs charge a nominal fee per visit for a nutritious meal and snack. Comprehensive adult day programs charge a nominal fee for meals and transportation. Some programs also offer tele-monitoring for an additional fee.

How can I attend an adult day program?

For more information on home care programs and services, including adult day programs, contact Health Link at 811. Family, friends, neighbours or health professionals can also call on your behalf.

Cost should not be a barrier to accessing adult day programs. If you have any questions or concerns about fees, please contact your case manager.

For further information:



ahs.ca/homecare

