

# Calgary Zone Adult Overnight Program

## HOME CARE

### What is AONP?

The Adult Overnight Program (AONP) is an innovative pilot project and an expansion of the Adult Day Program (ADP) in the Calgary Zone. Specifically designed for individuals with cognitive disorders such as dementia, AONP addresses the unique needs of those experiencing disordered sleep patterns, providing essential support to both clients and their caregivers during nighttime hours. This program not only offers crucial care to clients but also provides respite and education for caregivers.

### Why Choose AONP?

**Nighttime Care:** Provides attentive care during the night, ensuring clients are safe and comfortable when they are most active.

**Community Integration:** Supports clients in staying within their communities, enhancing their quality of life.

### What can caregivers expect?

**Uninterrupted Sleep:** Caregivers receive a much-needed break, ensuring they can enjoy an uninterrupted night of sleep.

**Sustainable Home Care:** The program provides essential support, helping caregivers continue to provide care at home effectively.

### How to Determine if AONP is Right for You

To see if the AONP is right for you, talk to your AHS case manager.



## Program Details

The Adult Overnight Program (AONP) delivered by the Wing Kei community-based organization in Calgary Zone.

Clients in the AONP are charged a nominal daily fee per visit. This fee helps cover the costs incurred by the program provider, including the provision of nutritious meals, overnight supervision, and maintaining a secure, comfortable environment for all clients.

### Eligibility:

Clients are eligible for this overnight program if they:

- Have a valid Alberta healthcare card
- Live in a community setting within the Calgary Zone
- Are current home care clients within the Calgary Zone

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

### Appropriate Clients for AONP

The AONP is suitable for adults who:

- Are in sufficient health to attend and participate
- Can function appropriately in small group settings without putting themselves or others at risk
- Are experiencing sleep disturbances such as wandering or sundowning, disrupting caregivers
- Show signs and symptoms of cognitive impairment, such as dementia
- Are at risk of losing their ability to manage independently

## How Can I Attend an Adult Overnight Program?

For more information on home care programs and services in the Calgary Zone, including the Adult Overnight Day Program (AONP), contact Health Link at 811.

If you need home care services, contact Health Link at 811.

Family, friends, neighbors, or health professionals can also call on your behalf.

For further information:



[ahs.ca/homecare](https://ahs.ca/homecare)

