

## Services

- ◆ A nourishing hot meal is served at noon.
- ◆ Refreshments are served mid-morning and mid-afternoon.
- ◆ Personal Care services include toileting, bathing, manicures and foot care.
- ◆ Pastoral Care and church services are available.
- ◆ Transportation will be provided to and from the programs if necessary.
- ◆ Referrals are made to other services in the community when necessary.

## Hours

**The Adult Day Program** is open Tuesday through Friday from 7:30 a.m. to 4:45 p.m.

**The Day Away Program** is open Mondays, Tuesdays and Thursdays from 8:30 a.m. to 3:30 p.m.



## Funding

The programs are partially funded by the Ministry of Health and Long-Term Care. A program user fee is based upon the client's ability to pay.

## Contact

For further information contact:

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Providence  
Care

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[www.providencecare.ca](http://www.providencecare.ca)

# Hildegard Centre



**Adult Day Services for  
Frontenac and Lennox &  
Addington Counties**

Providence  
Care  
Providence  
Manor site

*These programs provide opportunities to socialize and participate in activities within a safe and home-like setting.*

## Adult Day Program

The Adult Day Program is for adult members of the community especially seniors with physical disabilities, memory or cognition deficits, sensory limitations, and social or emotional problems that interfere with everyday activities.

## Day Away Program

The Day Away Program is designed to meet the needs of individuals with Alzheimer Disease or related dementia who, as a result of the progression of the disease or related behaviour, require a secure and supportive environment.



## Goals

### *For Participants*

- ◆ To assist them in maintaining or improving their mental and emotional well-being.
- ◆ To achieve a maximum level of functioning.
- ◆ To enable individuals to remain within their home environment.

### *For Caregivers*

- ◆ To provide family caregivers with a period of relief.
- ◆ To provide caregivers with an opportunity to gain information and skills to support their caregiving role.

## Staff and Volunteers

Adult Day Program and Day Away Program staff and volunteers are committed to providing a supportive environment, where participants can reach their maximum potential with dignity, respect and compassion.

Staff include a Program Manager, Recreationists, and Nursing staff. Volunteers assist program staff with various activities and services.



## Activities

A variety of activities are provided to maintain or enhance participants' well-being and abilities. These include:

- ◆ Physical: exercise, walking, games, outdoor gardening.
- ◆ Social: sing-songs, musical programs, dancing, social events.
- ◆ Mental stimulation: quizzes, puzzles, crafts, reminiscing.
- ◆ Activities of daily living: grooming, household tasks, indoor gardening.

