



A variety of services and activities to brighten your world

Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about our:

- Day Centre
- Games Day
- Footcare
- Frozen Meals
- Living Room
- Nursing care
- Respite and convalescence
- Telephone Check In
- Transportation (if a volunteer is available)
- Walking Club
- Wellness Clinics
- "With a Little Help from My Friends" caregiver support
- and much more.

For more details, please call
Jeffery Hale Community Services at:

418 684-JEFF (5333), ext. 1580
Community Services, in the
Jeffery Hale Pavilion, is open
Monday to Friday, 8:30 AM - 4:30 PM

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **684-JEFF (5333)**
1 888 984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community services in English (formerly known as Holland Centre)



Jeffery Hale

418 684-JEFF (5333)
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Québec QC G1S 2M6

www.jefferyhale.org



Jeffery Hale

In-home stimulation



Improving the quality of life of at-risk, home-bound seniors and their caregivers

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www.jefferyhale.org





Who is this program for?

In-home Stimulation is for English-speaking seniors who rarely leave home and who are at risk (have physical or cognitive problems). This program also helps ease loneliness and provides caregiver respite.

The In-home program enhances your quality of life while respecting your individual cultural values and language needs.

How does it work?

Jeffery Hale's in-home program offers helpful and enjoyable activities in your house or apartment. The goal is to help you (the client) stay fit and able and to keep you company from time to time.

A Special Care Counsellor from the Jeffery Hale will come to your home to chat about the program. Together, you will create an action plan tailored to your interests and needs. We will also ask your caregiver (should you have one) for their help in creating your plan.

Then, over a fixed period of time, you will be visited each week by a trained volunteer or student who will carry out your activities with you.

Our in-home team

A Special Care Counsellor supervises the in-home team, which is made up of students and volunteers who enjoy working in the health field.

To give you the best care we can, the In-home team is trained by the Jeffery Hale staff. They work closely with the health professionals at Jeffery Hale, such as our:

- Social worker;
- Homecare nurse;
- Occupational therapist, and;
- Day Centre staff.

How to sign up

You, your health care provider, or a member of your family need only call Community Services to ask about this in-home program. Your request for services will be treated as quickly as possible:

418 684-JEFF (5333), ext. 1580

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Examples of activities

Your in-home activity plan is tailored to your very own interests and needs. While the range of activities is wide, the goal is always the same: To tone your mind and help keep your body able.

Here are a few examples of in-home activities:

- Listening to music;
- Looking at photos;
- Talking and remembering;
- Strolling through scenic areas of town;
- Making a favourite recipe, or;
- Planting seeds and taking care of them.

It's up to you.

For students and volunteers

If you are a student at the cegep and university level or a volunteer and are interested in the health care field, you can help Jeffery Hale provide this valuable service. You will learn in an interesting and rewarding setting.

Help us to help others today while getting a chance to speak English in Quebec City.