



A variety of services and activities to brighten your world



Jeffery Hale

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
- In-home Stimulation
- 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)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org

Living Room



Day program for adults with special needs

02/18/2008

www.jefferyhale.org





What is the living room?

The goal of Jeffery Hale's Living Room program is to improve the quality of life for older adults with special needs and their caregivers, including:

- ✓ severe mobility challenges
- ✓ advanced memory loss
- ✓ significant cognitive losses
- ✓ late-stage chronic diseases

The Living Room is smaller and less formal than our Day Centre. It provides a ratio of one staff person and two volunteers to six clients, so you can feel confident entrusting your loved one to us for the day.

How to sign up

Referrals may be made by:

- ✓ A CLSC or hospital
- ✓ A doctor, social worker or other health professional
- ✓ A family member
- ✓ A friend

All requests to attend the Living Room are looked at according to each person's unique needs and our ability to meet those needs.

Who can attend?

English-speaking older adults with severe memory loss or physical disabilities who :

- enjoy being in small groups, and;
- still live in their own home, or;
- are waiting to get into Saint Brigid's Home, or;
- are staying in a French long-term care facility and would benefit from activities in English.

When and where

The Living Room welcomes seniors from 9:30 AM to 2:30 PM. The day of the week and the location depends on the area of the city where the client lives. For more details, please call Jeffery Hale Community Services at:

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Services offered

- ✓ A full course meal with help if needed*
- ✓ Adapted transportation - Bus and mini-van*
- ✓ Flu and pneumonia vaccinations
- ✓ Health promotion and illness prevention activities
- ✓ Individual health monitoring
- ✓ Info-Stop medication record
- ✓ Nursing services
- ✓ Nutrition advice
- ✓ Occupational Therapy services
- ✓ Physiotherapy Technician services
- ✓ Social and memory activities in a small group with plenty of volunteer and staff support
- ✓ Support and respite for caregivers

* There is a small fee for the meal and transportation