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Adult Day Services expanding hours

NELSON – To better serve clients and provide additional respite to caregivers, Adult Day Services have expanded in Nelson.

Located at the Gordon Road Wellness Centre, Adult Day Services now operate from 8 a.m. – 6 p.m. Monday through Saturday. The services were previously available 10:30 a.m. – 2:30 p.m.

“We’re proud to be able to expand the hours for the services we provide clients and their families in the community of Nelson,” said Michelle Mungall, MLA for Nelson-Creston. “I applaud the great work done by the health authority, and the health professionals helping those in the community maintain their independent lives.”

Adult Day Services are supportive community programs for people at risk of losing their independence. The services are designed to help individuals to remain at home while supporting caregivers by providing a range of health, personal, social and recreational services in a safe and caring environment.

Some examples of services provided include:

- Health care, such as health monitoring and giving medications
- Assistance with personal care, such as bathing programs
- Health education
- Therapeutic social programs and recreational programs, such as discussion and exercise groups

For more information visit www.interiorhealth.ca.

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