



## A day at Harmony Haven

- 9–10 Flexible arrival time, coffee and socialization
- 10:00 Recreation Programs
- 11:30 Lunch
- 12:00 Flexible rest time
- 1:00 Recreation Programs
- 2–3:30 Flexible departure time, coffee and discussion, recreation programs

## Evidence Based

Evidence shows that active participation in a supportive group environment such as Harmony Haven improves health and overall quality of life in seniors. Caregiver stress is therefore reduced as the client's social, emotional and physical wellbeing is supported and maintained.

# Harmony Haven

Adult Day Service

## Shuswap Community Care Health Services

#2 - 2770 10th Avenue NE  
Salmon Arm, BC V1E 4N6

Harmony Haven  
entrance and parking is at the  
back of the building.

## Eligibility

To determine eligibility for you or someone you know, please call

250-832-6643

(press 0 for Reception)

A community care nurse will arrange a meeting to discuss your needs.



Interior Health  
*Every person matters*

# Harmony Haven

Adult Day Service



Providing respite for caregivers and social, physical and emotional wellness opportunities for clients.

**(250) 803-4525**

## Wellness Opportunities

Harmony Haven assists older adults with varying abilities and medical conditions keep their independence. Clients are provided with a day of recreation programming delivered by trained Recreation Therapy staff. The program's nurse works with your community care nurse to provide care as needed during the program day, such as wound and catheter care and chronic disease monitoring and education.

## Caregiver Respite

The program provides caregivers opportunity to care for themselves and their own needs. It is our mission to support the client and their caregiver's desire to remain living in their own home and community. We understand that for this to be possible caregivers must have time on their own while knowing their loved ones are in a safe and enjoyable environment.



## Cost

\$4.00 a day

Invoices mailed by Interior Health

## Program Hours

9:00 am to 3:30 pm

Monday to Friday

Clients attend between one and 5 times per week for as many hours as needed

Closed on statutory holidays

## Transportation

Clients make their own transportation arrangements.

Arrangements for door-to-door service with HandyDART can be made by calling (250) 832-0191.

## Services

- Social programs
- Therapeutic Recreation Programs
- Caregiver respite and support
- Nursing support
- Nutritious lunch and snack

## Therapeutic Programming

All of our programs are adapted so that people with different abilities can participate at their own level. Programs are designed to maximize interaction, success and enjoyment.



## Recreation Programs

- Exercise for the mind and body
- Music and laughter
- Sports and games
- Gardening
- Celebrations
- Live entertainment
- And more...