

How do I attend?

Joining Adult Day Services requires a phone call to Home Health.

A Home Health Care Manager will begin the assessment for your suitability for the program.

For information, call

1-800-707-8550

or visit

www.interiorhealth.ca/ADS



Adult Day Services (ADS) programs vary from 1 to 6 days a week, depending on the community

Daily ADS attendance fees apply

Transportation to ADS is dependent on availability of community services

Your local ADS contact information is:



Interior Health

Adult Day Services (ADS)



Adult Day Services

Adult Day Services (ADS) is an important part of the Home and Community Care health continuum.

ADS is focused on health and well-being to maintain independence and remain in your home and community.

ADS is designed to provide a friendly environment that focuses on socialization and recreation, in addition to supporting one's physical, mental and emotional health.

ADS is also designed with the caregiver in mind to provide community support and respite.



Who should attend ADS?

ADS is designed for individuals who may:

- Have complex medical conditions that require medical monitoring
- Be frail, related to aging or other medical conditions
- Be at risk of physical or mental decline due to social isolation
- Have a caregiver that would benefit from a break in their caregiving role
- Be at risk of losing independence and wish to remain living in their home
- Have had several recent hospital admissions and would benefit from intensive monitoring and support

Services at ADS include:

- Nutritious noon meal and snacks
- Physical activity
- Professional health-care services
- Recreational programs such as music, baking, games, crafts, gardening and outings
- Social opportunities

