

MISSION

The day centre offers seniors and adults with decreasing independence a variety of group activities, both preventive and therapeutic, to help them maintain or improve their physical, psychological and social health..

PURPOSE

Our purpose is to help seniors and adults with decreasing independence maintain their physical and cognitive abilities, and remain healthy and as independent as possible, with a view to enabling them to stay in their homes longer. The centre also provides a place where seniors and adults with decreasing independence can break their isolation, and affords respite to family caregivers.

TARGET CLIENTELE

The day centre program is intended for adults with decreasing independence who live at home and who may have physical, cognitive, emotional, psychological or social deficits. Priority is given to seniors.

SERVICES OFFERED

The services offered at the day Centre are provided by workers employed by the Centre intégré de santé et de services sociaux (CISSS) de la Montérégie-Centre.

Your eligibility to participate in the day Centre program is determined based on your needs and is subject to availability of space. The schedule is generally from 10 a.m. to 2:45 p.m. (including lunch).

The activities offered include fitness, physical games, information, prevention and creative workshops, as well as cognitive stimulation activities. Specialized exercise groups are also offered for people who are physically impaired (e.g. those with Parkinson's disease, arthritis).

CONTRIBUTION AND INVOICING

Transportation cost covered by the day centre: \$4

Lunch: \$5

Creative workshops: \$2

You will be charged for these contributions on a monthly basis by the Accounting Department of the CISSS de la Montérégie-Centre. Please contact the department when you receive your first invoice to validate the payment method.

Please contact Cynthia Orélus, coordinator, who will follow-up with the accounting department: 450-672-3328, ext. 4047.

TRANSPORTATION INFORMATION

- If you are unable to arrange your own transportation to attend the day centre program, we will arrange for you to be picked up and driven home by minibus, taxi or a volunteer.
- **The drivers are obliged to refuse all tips.**
- If you come to the day centre by minibus, taxi or in a vehicle driven by a volunteer, you are not allowed to smoke and you **must** wear a seat belt. The only stop the driver is authorized to make is at your home.
- To reduce transportation time, please make sure you are ready, with your shoes or boots on, as well as your coat, if you are going to wear one. Note that the driver who is coming to pick you up may arrive as much as 15 minutes in advance of or as much as 15 minutes later than the time you were told.
- In winter, don't forget to bring your shoes to the day centre (no slippers).
- If necessary, bring your walking aid, your medication in a pill organizer, your incontinence products and a change of clothes.

IN CASE OF ABSENCE

If you know you will be unable to attend the day centre program on your scheduled day, **please let us know by calling 450-_____, extension _____ before 8:30 a.m.** and please leave a voice mail message if necessary, so that we do not send someone to pick you up. Note that you will be charged transportation costs if you do not inform us that you will be absent and we do send someone to pick you up.

If you are frequently absent, we will reassess with you the continuing relevance of your participation in the day centre program.

We will consider excluding you from the program if your physical capacity is limited, your behaviour is disruptive, we are unable to offer you a safe environment, you move out of the area, you are placed in a long-term care centre, or you reach your objectives.

In case of bad weather, you will be advised in the morning.

DAY CENTRE HOLIDAYS AND CLOSING DAYS

The day centre is closed on public holidays, during the Christmas holidays and for two weeks during the summer. The day centre team will always let you know when the centre will be closed.

ETHICS

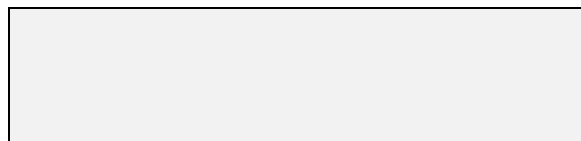
The day centre staff will welcome and guide you with pleasure through this stage of your life. The team respects the facility's Code of Ethics and does not accept any cash or gifts.

Important note: The personal belongings of users who attend the day centre remain entirely their responsibility. Attendees must not bring in valuables or large sums of money.

Revised: July 2018

WELCOME GUIDE

Day centre



Centre intégré
de santé et de
services sociaux de
la Montérégie-Centre

Québec 

Québec 