

OPTIONAL SERVICES

- Private Foot Care
- Private Physiotherapy
- Private Nutrition Consulting
- Private Clinical Counseling for Clients & Caregivers
- Private Hypnotherapy for Clients
- Private Dementia Care Consults for Caregivers
- Home Support Options: Cooking, Cleaning, Bathing, Respite, etc.
- Mobile Hearing Clinic
- Post Hospital Rehab
- Online Cognitive Support
- Hair Care



What makes us unique?

- We focus on holistic wellness.
- We are dementia-friendly & we use Montessori methods.
- We offer a free 1/2 day trial.
- Nutritious lunches that cater to preferences and dietary needs.
- We help by offering families creative ideas to help encourage clients to attend our program.
- We offer online group support to family/friend caregivers.
- Monthly mindfulness sessions for caregivers.
- We conduct regular checks on blood pressure, weight, blood sugar, assist with wound care & medications.
- We offer suggestions for cognitive wellness programs to do at home.



Group cognitive stimulation programs using evidence-based practices to improve or maintain cognitive function and overall holistic wellness.



The Growing Need

“Families are wanting more specialized programs like this one, to provide a sense of purpose for individuals with dementia, as well as a place that offers flexible respite & ongoing support for the caregivers,” says Karen Tyrell, a Dementia Consultant & Educator

CONTACT US



(604) 418-1476



6676 203 St, Langley, BC
Main entrance is left of
Chartwell Renaissance



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**WE FOCUS ON ABILITY
& HOLISTIC WELLNESS!**

AdultCognitiveWellnessCentre.ca

A division of Safe Care Home Support

OUR GOAL

To maintain independence, reduce isolation & promote inclusion, all while maintaining the individual's current level of cognitive and physical abilities for as long as possible using a holistic approach.



OBJECTIVES

1

To enhance or maintain our client's capacity to perform activities of daily living (ADL) thus facilitate a more active and independent lifestyle.

2

To promote the well-being of family caregivers by offering respite opportunities so they can attend to their other tasks and most importantly, to provide much needed self-care.

3

To reduce isolation & loneliness by providing a supportive and interactive environment with peers and caring staff.

Who is this program for?

1. Any age with mild cognitive impairment (Tuesday's & Thursday's)
2. People under the age of 65 with mild cognitive impairment (Wednesday's)
3. Any age with moderate stages of dementia (Monday's & Friday's)

How to sign up

Contact us at (604) 418-1476 to schedule a free phone consultation. We're happy to answer your questions.

Our Licensed Practical Nurse will assess and recommend the best plan to support you and your loved one.

Daytime program runs from Sunday to Sunday 9:30am – 4:00pm. Lunch & snacks included.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Respite & Rehab for all clients	Montessori Activity Engagement	Early Stage Cognitive Encouragement	Under age 65 Cognitive Encouragement & Rehab	Early Stage Cognitive Encouragement	Montessori Activity Engagement	Open Respite & Rehab for all clients

Client Capacity at the Centre is up to 12 people per day

4

To foster improved physical and mental well-being through exercises that stimulates client's physical and cognitive abilities.

5

To prevent or delay placement into long-term care by supporting client independence, self-reliance and self-empowerment through personalized care and peer-inspired self-confidence.

About the Centre

We offer support & programs 7 days a week for anyone 50 plus.

Speak to us about our after hours programming & services opportunities.

Our Team

- A Registered Nurse (RN) - Clinical & Program Director
- A Licensed Practical Nurse (LPN)
- A Recreation Program Lead
- Care Aides & recreation assistants
- Volunteers are welcome!