OPTIONAL SERVICES

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

What makes us unique?

- We focus on holistic wellness.
- We are dementia-friendly & we use Montessori methods.
- Free 1/2 day trial at the Centre.
- We help by offering families creative ideas to help encourage clients to attend our program.
- 4 free online sessions for new clients.
- 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.

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

Adult Cognitive Wellness Centre

Recreation Rehab Respite

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

Virtual Programs Available

CONTACT US

(604) 418-1476

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

info@AdultCognitiveWellnessCentre.ca

WE FOCUS ON ABILITY & HOLISTIC WELLNESS!

AdultCognitiveWellnessCentre.ca

A division of Safe Care Home Support

OUR GOAL

To maintain independence, reduce isolation 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 in-person or virtual sessions with peers and our caring staff and/or volunteers.
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.

Who is our programs for?

Adults 50 + with mild to moderate cognitive impairment.

Our team members will make sure participants are connected with others who match their stage and abilities for both our in-person or virtual sessions.

Our new Virtual Sessions over Zoom are a big hit! Enjoy cognitive stimulation and socialization from the safety and comfort of your own home!

Capacity at the Centre is up to 8 people as per COVID-19 safety protocols.

A Dementia Centre Without Walls

How to sign up:

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

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

About the Centre

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

Speak to us about personalizing a plan for you.

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!