



Additional Services

- Private Clinical Counselling for Clients & Caregivers
- Private Hypnotherapy for Clients
- Private Dementia Care Consulting for Families
- Home Support Options: Cooking, Cleaning, Bathing, Respite, Recreation
- Post Hospital Rehab
- 1:1 Cognitive Wellness Program
- Online Cognitive Support

Contact Us:



(778) - 549 - 6413



Unit #3-6676 203rd Street
Langley, BC V2Y 2Z1



info@AdultCognitiveWellnessCentre.ca

**We Focus on Ability
& Holistic Wellness!**

www.AdultCognitiveWellnessCentre.ca
A division of Safe Care Home Support



What Makes Us Unique?

- We focus on holistic wellness
- We are dementia-friendly and we use Montessori methods
- Free 1/2 day trial
- We help by offering families creative ideas to help encourage clients to attend our program
- Support to family/friend caregivers
- Monthly support groups
- We conduct regular checks on blood pressure, weight, blood sugar, assist with wound care & medications
- We offer caregiving training 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."

~ Karen Tyrell, CPCA, CDCP
Dementia Consultant & Educator



**Adult Cognitive
Wellness Centre**
.....
Recreation Rehab Respite



Programs Offered in Several Locations!

In-person and virtual evidence-based programs to improve or maintain cognitive function, physical ability, and overall holistic wellness.

Our Goal

To maintain independence, reduce isolation and increase socialization by prolonging the individual's current level of cognitive and physical abilities using a holistic approach.



Who Is Our Program For?

Adults 50+ with mild to moderate cognitive impairment.

Our team members will connect participants with others that match their stage and abilities.

Our in-person sessions are following all COVID-19 safety protocols.



How To Sign Up:

Contact us at (778) - 549 - 6413 to schedule a **FREE** phone consultation.

Our team of professionals will assess and recommend the best plan to support you and your loved one.

FREE 1/2 Day Trial



Objectives

1

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

2

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

3

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

Virtual Adult Day Program

- **Free introductory virtual session for all new clients**
- **1-hour virtual sessions via Zoom**
- **We offer one to one sessions or small groups (max 4 participants)**
- **For more information please email us info@AdultCognitiveWellnessCentre.ca**

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A Dementia Centre Without Walls

We offer a comfortable, fun, and safe environment at all our sessions. Contact us for all our locations in the BC Lower Mainland.

Our Team ACWC

- A Clinical & Program Director
- A Licensed Practical Nurse (LPN)
- A Recreation Program Lead (ACWP)
- Care Aides or Program Assistants (ACWP)
- Volunteers are welcome!