

FACT SHEET: Adult Cognitive Wellness Centre

For Physicians & Other Healthcare Professionals

6676 203rd Street, Langley, BC (778) 549-6413



What is the Adult Cognitive Wellness Centre?



Our Adult Cognitive Wellness Centre is similar to other adult day programs, but our focus is on holistic cognitive wellness (cognitive stimulation activities, rehab, daily exercises & socialization)

Who is it for?

Anyone 50+, specifically those living with symptoms of dementia. Our program also offers respite for family caregivers

We have special days for:

- Early-stage
- Young-onset under age 65
- Moderate symptoms of dementia

We use evidence-based practices to maintain or improve cognitive function and overall holistic wellness

Benefits to your clients

- A "dementia-friendly" specialized centre that uses evidence-based practices to encourage cognitive stimulation and overall wellness for all stages
- Socialization opportunities
- Supportive staff who are compassionate and well trained in dementia care & therapeutic recreation
- Promotion of independence and confidence
- Being able to receive from and give emotional support to their peers - they are not "alone"
- We conduct regular checks on blood pressure, weight, and blood sugar and assist with wound care & medication assistance

Benefits to your patient's families

- Family caregivers receive respite opportunities without having to be put on a government wait-list for an adult day program
- The centre has flexible hours including weekend respite and rehab programming
- We offer monthly group support for caregivers
- We offer an evening mindfulness group

Our Weekly Schedule Example

Daytime programs run Sunday to Sunday 9:30am - 4:00pm

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



What makes us unique

- We are dementia-friendly
- We offer a free 1/2 day trial
- We help by offering families creative ideas to help encourage clients to attend our program
- We offer rehab support
- We operate 7 days a week
- Online support options are available



Quick Facts

- Max 12 clients per day
- Programs & respite offered 7 days a week
- Assessments within 7 days
- No current wait-lists
- 8-week cognitive improvement program available
- LPN on-site for nursing & medication support
- Recreation professionals & care aides daily

Program includes:

- Recreational & cognitive stimulation activities
- Basic physical exercise & rehab
- Caregiver support
- Additional wellness services for a fee

To find out more about our program and if your client is a good fit, please contact us:



(778) 549-6413



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www.AdultCognitiveWellnessCentre.ca