



## Optional Services

- Private Foot Care
- Private Physiotherapy
- Private Nutrition Consulting
- Private Clinical Counselling 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

## 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 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."*

~ Karen Tyrell, CPCA, CDCP  
Dementia Consultant & Educator



**Adult Cognitive  
Wellness Centre**  
Recreation Rehab Respite



## Several Locations Available

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

## 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.



## Who is our program for?

Adults 50+ with mild to moderate cognitive impairment.

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

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

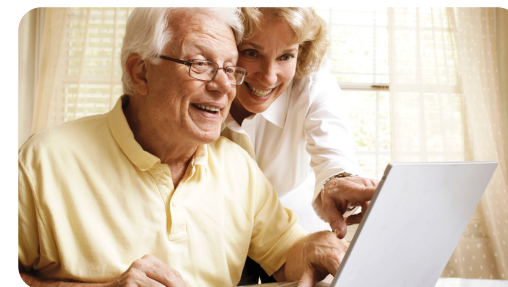


## How to sign up:

Contact us at (778) - 549 - 6413 to schedule a **FREE** phone consultation. We're happy to answer your questions!

Our Recreation Lead will assess and recommend the best plan to support you and your loved one.

**First session at NO COST!**



## Objectives

- 1 To enhance or maintain our client's capability to perform activities of daily living (ADL) thus facilitating 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 tasks, and most importantly, to provide much-needed self-care.
- 3 To reduce isolation & loneliness by providing in-person with peers and our caring staff and/or volunteers.

## A Dementia Centre Without Walls

- 4 To foster improved physical and mental well-being through exercises that stimulate the 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 personal care and peer-inspired self-confidence.

## About the Centre

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

### Our Team

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