

About the Adult Day Program

Cedar Cottage Adult Day Program supports frail seniors with physical or cognitive disabilities who live in the community by themselves or with caregivers.

Using a person-centered approach to care, we strive to develop opportunities to build and enhance relationships, maintain and support skills, and access resources.



MISSION STATEMENT

The Association of Neighbourhood Houses of British Columbia is a volunteer-driven, community-service agency. Our mission is to make neighbourhoods better places to live. Our goal is to enable people to enhance their lives and strengthen their communities. Our challenge is to work with communities to develop innovative programs and services the changing needs of diverse population.

STATEMENT OF DIVERSITY

- We are children, youth, adults and seniors of all ethnicities, all religions, all cultures, all abilities and all economic levels
- We speak many languages
- We are men and women of all sexual orientations
- We value diversity
- We endeavor to reflect the diversity of our neighbours in our membership, our Boards or Management, our volunteers and our staff
- We respect all our neighbours
- We expect that all those who come to our houses, all those who provide or receive our services, will extend the same respect to all those who meet here
- Therefore, we will act to promote the inclusion of all in our Association and in our community.

CCNH gratefully acknowledges the financial



support of our major funders:

Cedar Cottage Neighbourhood House

4065 Victoria Drive
Vancouver, BC, V5N 3K2

Telephone: (604) 874-4231



Cedar Cottage Adult Day Program

A Part of:
Cedar Cottage Neighbourhood House

Person-Centered Care

The Adult Day Program provides supportive therapeutic, health and social programs for seniors with complex care needs who are living in the community. The Adult Day Program has been operating at Cedar Cottage Neighbourhood House since July, 1972.



At the Cedar Cottage Adult Day Program you can expect:

Daily SteadyFeet® Exercise-- a community-based strength and balance activity class focused on functional fitness and reducing falls. All instructors are SteadyFeet® certified.

Health Supports—Our Registered Nurse supports your health in the program. We offer: weight and blood pressure checks; medication assistance; personal care; quarterly assessments for mobility; hearing and vision screening; podiatry; monthly health workshops; an Annual Flu Vaccine Clinic; and information and referrals.

Nutritious Food—We aim to practice healthy eating while at the program. Our cook prepares healthy, diabetic friendly breakfasts and lunches while you are here. We grow and eat vegetables in our garden plot. We offer the opportunity to participate in healthy cooking classes and share cooking skills.

Caregiver Supports—While you are here, we support the caregivers in your life with regular telephone check-ins, monthly Health and Wellness Workshops, information and referrals, and annual caregiver events.

Friendships—Cedar Cottage Neighbourhood House is a warm and welcoming place where you can expect to make friends and enjoy your time. Adult Day Program staff speak a variety of languages. We celebrate all cultures.