



Breakaway ADULT DAY PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fall River	Spryfield	Halifax	Tantallon	Shearwater
9:30 to 12:30	12:30 to 3:30	12:30 to 3:30	12:30 to 3:30	9:30 to 12:30

Note: The cost is \$12 per session.

VON Greater Halifax (Victorian Order of Nurses) offers a remarkable half-day Adult Day Program called *Breakaway*.

This well-organized program provides a warm, comfortable, friendly and safe environment that is greatly appreciated by clients, caregivers, staff and volunteers. The supervised care at *Breakaway* consists of a variety of stimulating individual and group activities.

Participants are usually older adults who are frail, physically or memory-challenged, or who may be extremely socially isolated. By actively taking part in the program, maximum quality-of-life and independence is maintained, while caregivers get a break to tend to their own needs.

The activities are therapeutic, with a focus on wellness, socialization, and recreation. Program staff and volunteers ensure participants join in, feel included, and have just the right amount of assistance when needed. By keeping busy and exercising muscles that receive little use, physical

fitness is improved; and by having dedicated time to connect with others, the participant's overall health and well-being is improved. Placement in long-term care can be delayed or avoided altogether, and hospital admissions are reduced.

There is a long list of interesting and fun activities, such as:

- Arts and crafts
- musical entertainment and sing-a-longs
- Mentally stimulating games like BINGO and other popular games
- Fitness and movement therapy such as stretching and other gentle exercises
- Discussion groups (books, films, current events, nostalgia)
- Holiday and birthday celebrations

The structured day takes individuals from one activity to another, but there is also time to rest and enjoy a nutritious snack. Clients are immersed in a safe and empowering environment with care that is derived from a social rather than from a clinical model.

Referrals to the program can be made through Nova Scotia Continuing Care, social workers, physicians, nurses, and family members. To find out more about the VON Greater Halifax *Breakaway* Program, call Jenny Theriault, Program Coordinator, at 902-455-6393, or e-mail jenny.theriault@von.ca.