

What The Adult Day Support Program Is All About (ADSP)

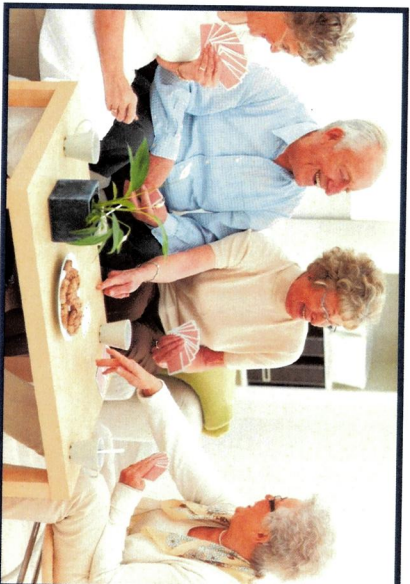
The Adult Day Support Program is a wellness program providing social and recreational forms of activities that enhance the mind, body, and spirit and provides assistance with activities of daily living.

The program provides day respite for caregivers who are caring for loved ones in their home. A nutritious hot lunch and snacks are included.

A minimal fee is charged to attend the program, no one will be turned away due to financial circumstances.

Each person joins at their own comfort level by participating in activities that:

- Focus on individual abilities and strengths
- Enhance mind, body and spirit
- Promote fun, enjoyment and socialization in a relaxed atmosphere



Activities that participants may be involved in include:

- Cognitive exercises
- Music
- Reading/Story Telling
- Special Events
- Crafts
- Games
- Exercise

The Adult Day Support Program runs the following days:
Monday-Wednesday-Friday
9:00am - 3:00pm

Program is held at:

Park Plaza Intergenerational Centre
#105 5214 47 Ave, Red Deer

For more information please call:
403.309.5834

All referrals to our Adult Day Support Program are through Alberta Health Services Home Care





For more information and to register visit our website at www.fsca.ca or phone 403-343-6400

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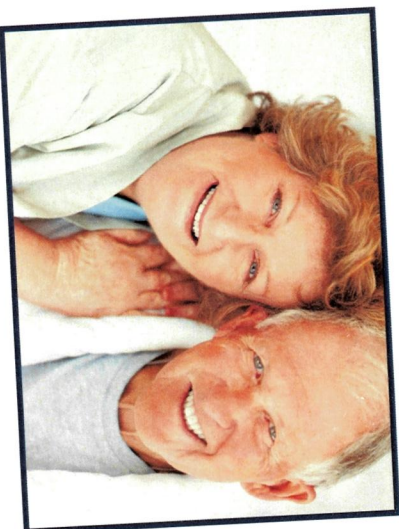


FSCA is a registered charity that has been helping families in Central Alberta since 1971. Our agency appreciates all donations and tax receipts are available for donations over \$10. To learn more about donating your time or money to our organization please visit our website at www.fsca.ca



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Adult Day Support Program



Where Family Comes First