

2011

Seniors Day Program: Healthy Aging

Promoting
Life Long Health
for Seniors



Capital Health

Who are we?

The Seniors Day Program is a service for seniors offered by the Seniors Mental Health Service.

Our goal

- To encourage and maintain independence
- To prevent illness and disability
- To reduce stress
- To increase coping skills
- To promote a healthy lifestyle

What do we do?

The Seniors Day Program helps people deal with emotional problems such as depression and anxiety that can affect their health.

Service providers

Team members include Psychiatrists, Nurses, Occupational Therapists, Social Workers, Recreation Therapists, Spiritual Care Workers and Dietitians.

Eligibility

Participants should be:

- 65 years of age or older to attend the program. Younger people will be considered on an individual basis.
- Able and willing to actively take part in group work.
- Followed by their family doctor or mental health professional while participating in groups.

Note: The Seniors Day Program is a component of the Seniors Mental Health Service. Individuals eligible for The Seniors Day Program may not meet the criteria for the Seniors Mental Health Service.

What happens in the Seniors Day Program?

Individuals can choose from topics such as grief and loss, relaxation, stress reduction, cognitive behaviour therapy, leisure and healthy living.

The Day Program has a group format. Groups run for about 8-12 weeks and are offered throughout the year in morning or afternoon sessions.

Information

Sessions are offered free of charge. Meals and transportation are the responsibility of the individual and his/her family.

Discussion with your family doctor is encouraged before starting the program.



Ideas for healthy living

Keys to healthy living include:

- Daily exercise
- Eating healthy foods
- Family and friends
- Regular visits to your family doctor
- Having a good night's sleep
- Humour
- Relaxing and reducing stress

Keep Smiling!

More information

Seniors Mental Health Service

Phone (902) 464-6054

Looking for more health information?

Contact your local public library for books, videos, magazine articles and online health information. For a list of public libraries in Nova Scotia go to <http://publiclibraries.ns.ca>

Capital Health promotes a smoke-free and scent-free environment. Please do not wear perfumed products. Thank You!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

The information in this brochure is provided for information and education purposes only. The information is not intended to be and does not constitute healthcare or medical advice. If you have any questions, please ask your healthcare provider.

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