



Let us brighten your world

Jeffery Hale Community Services has a wide variety of services and activities to help brighten a senior's world and ease caregivers' worries.

Be sure to ask about our:

- Caregiver support
- Frozen meals
- In-home stimulation
- Nursing care
- Respite and convalescence
- Telephone Check-in
- Transportation (if a volunteer is available)
- Wellness Clinics
- and much more.

For more details, please call
Jeffery Hale Community Services at:

418 684-5333, ext. 1580

Community Services, in the
Jeffery Hale Pavilion, is open
Monday to Friday, 8:30 AM - 4:30 PM

We are there for you

Jeffery Hale - Saint Brigid's is there for you! Bilingual health and social services:

» **418 684-5333**

1 888 984-5333 toll-free

- Emergency Room, 8 a.m. - 8 p.m.
- Diagnostic Services
- Senior Care
- Community Services
 - CLSC-type services in English
 - Requests for Saint Brigid's Home



**Jeffery Hale
Saint Brigid's**

Une communauté de soins
A Community of Care

Jeffery Hale Hospital
1250, chemin Sainte-Foy
Québec QC G1S 2M6

418 684-5333



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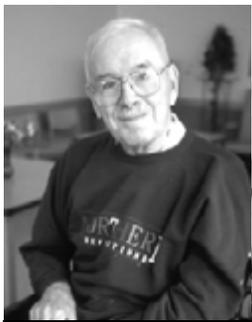
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In-home Stimulation



**Improving the quality
of life of at-risk,
home-bound seniors
and their caregivers**





Who is this program for?

Jeffery Hale Community Services' In-home Stimulation program is for English-speaking seniors who rarely leave home and who are at risk (have physical or cognitive problems). This program also helps ease loneliness and provides caregiver respite.

The In-home program enhances your quality of life while respecting your unique cultural values and language needs.

How does it work?

The In-home program offers helpful and enjoyable activities in your house or apartment. The goal is to help you stay fit and able and to keep you company from time to time.

Our Special Care Counsellor will come to your home to tell you about the program. Together, you will create an action plan tailored to your interests and needs. If you have a caregiver, we will also help them for help in creating your plan.

Then, over a fixed period of time, a trained volunteer or student will visit you each week to do activities with you.

Our in-home team

A Special Care Counsellor supervises the In-home team, which is made up of students and volunteers who enjoy working in the health field.

To give you the best care we can, the In-home team is trained by Community Services' staff. They work closely with our other health professionals, such as our:

- Social worker;
- Homecare nurse;
- Occupational therapist, and;
- Day Centre staff.

How to sign up

You, your health care provider, or a member of your family need only call Community Services to ask about the In-home Stimulation program. We will treat your request for services as quickly as possible:

418 684-5333, ext. 1580

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Examples of activities

Your in-home activity plan is tailored to your very own interests and needs. While the range of activities is wide, the goal is always the same: To tone your mind and help keep your body able.

Here are a few examples of In-home activities:

- Listening to music;
- Looking at photos;
- Talking and remembering;
- Strolling through scenic areas of town;
- Making a favourite recipe, or;
- Planting seeds and taking care of them.

For students and volunteers

If you are a student at the cegep and university level or a volunteer and are interested in the health care field, you can help Jeffery Hale provide this valuable service. You will learn in an interesting and rewarding setting.

Help us to help others today while getting a chance to speak English in Quebec City.