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January 24, 2011

## PCN Adult Day Program offering a winter session for local seniors

Fort McMurray – A Primary Care Network (PCN) program that has been running for 3 years is now offering for the first time a winter session beginning February 8, 2011.

The Adult Day Program is for any senior over 65 who has experienced a decline in their health and day to day functioning.

The participating senior and an interdisciplinary team comprised of a nurse, occupational therapist, occupational therapist assistant, exercise specialist, dietitian, and pharmacist work together to plan and reach health goals.

Seniors have said some of their favourite aspects of the program include exercise, medication review, opportunity to leave their house to meet other seniors, presentations by health care professionals, and current events activities and games.

Continued interest from seniors has led to a decision to provide the service at the crux of the winter season. Shelly Robertson, the nursing lead for the program, is pleased the program is running at this time.

“With limited programming for seniors, especially at this time of year, there may be a feeling of isolation. The program gives seniors an opportunity to get out of their home and provides something to look forward to each week.”

The program runs every Tuesday for 8 weeks from 9:30AM-2:00PM at the Primary Care Network at the cost of \$10.00 per day.

To register call Shelly, the RN lead, at 780-788-1771.

For media inquiries, contact:

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Primary Care Networks are a made-in-Alberta approach to improve access to, and better co-ordinate, primary health care for Albertans. In a Primary Care Network, family physicians and other health professionals work together as a multi-disciplinary team to increase Albertans' access to the right care, from the right professional, at the right time. They also develop local solutions to local health issues. Primary Care Networks are created through the Primary Care Initiative, a tripartite agreement between Alberta Health and Wellness, the Alberta Medical Association and Alberta Health Services.