

Brecken House

Adult Day Health Program

Celebrating 30 Years of Reaching Out to Seniors in Our Community

The Brecken House Day Program was established in 1978. Originally intended to be a program of activities, entertainment, conversation, learning and health care promotion, the program has evolved to meet the increasing needs of seniors and their families.

The respite role (a break for the caregiver) has become a significant factor in supporting care givers in the community.

Brecken House staff work to ensure there is an interactive program of activities and events. Each must also have training and skills to provide personal care. Since its origin, the program has made some physical adaptations to accommodate participants whose care needs require mechanical lifts, grab bars, stair rails, quiet rooms for rest periods, raised seating, and wheelchairs and walkers.

Although the program is supported through resources from Home Care and Support and Prince Edward Home, its ties with the community remain strong and are key in maintaining an innovative program. Participants can assist in volunteer job projects, such as folding newsletters and stuffing envelopes for non-profit groups. Special guest speakers, health educators, volunteers, referrals, entertainment, and donations come from the local community. Such support helps to ensure that the program continues to accommodate seniors who live in the community, and who require on-going support in order to do so.

In 2001, Brecken House's fund raising efforts raised money from generous community service club, groups and organizations to purchase several ceiling track lifts which ensured the safe and easy transfer of participants from their wheelchairs to alternate seating.

For more information, please contact:

Brecken House Adult Day Health Program

c/o Prince Edward Home

5 Brighton Road, Charlottetown, Prince Edward Island, C1A 8T6

Telephone: 902 368 4611

E-mail: pjlaird@ihis.org

