

A guide to

Day Care Services



What is Day Care?

Day Care is a place to meet old friends and make new ones in a warm, friendly atmosphere, where support can be given. Our aim is to improve or maintain quality of life, to promote independence, prevent social isolation, provide respite for carers, encourage friendships, and meet individual needs.

Day Care is organised by trained and experienced staff and volunteers. A nutritious and tasty meal is provided with a choice of menu and special dietary needs can be catered for.

Some day services offer a specialist service for people with Dementia in a safe and friendly environment. Through a programme of stimulating activities, a small team of staff, experienced in working with people who have memory problems, provide assistance and support.

Will I have any say in how things are run?

Day Care is for you, so we are always interested to hear your thoughts and ideas. Regular individual and group meetings are held so that everyone who attends can be involved in decision making. You will always be able to make choices and will be treated with dignity and respect at all times.

Where would I go?

Day care is provided in a variety of community settings across Aberdeenshire. These include purpose built centres, sheltered housing and community halls.

How would I get there?

If you cannot arrange your own transport with family or friends then transport can be provided, often in a purpose built minibus. Taxis and volunteers drivers can also be used to get you to the day centre.

What will I do at Day Care?

Day Care offers a varied range of activities to suit all needs and abilities. We do encourage new experiences, but you will also have a choice of activities that you would like to take part in.

Activities may include: music and movement; arts & crafts; table top games; reminiscence; and themed events linking to local and national celebrations.

Any suggestions from you for new activities are always welcome.



How do I join a Day Care group?

A member of staff from either Health or Social Work can discuss with you how Day Care might meet your needs. If it is agreed that Day Care may be beneficial to you, arrangements will be made for you to visit your closest service. If everyone is in agreement you will be offered a place. In some centres there might be a small waiting list for places as our centres can only accommodate a limited number of people.

Once started a member of staff will chat with you and together you will write up your individual Personal Plan. This will include information about you such as:

- What you enjoy and like to do
- When you may require help at times
- An indication of your health
- Special dietary needs you may have

This then allows the staff to provide a service that is personal to you.

You have the right to see what has been written about you and all information discussed will be treated confidentially. Your Plan will be reviewed twice a year.

What will it cost?

There is a daily charge for your meal and you may be asked to contribute towards the costs of the service.

What you will be asked to contribute depends on your individual circumstances. You, or someone you have chosen to represent you, will be offered to complete a financial assessment when you start. However, should you not wish to tell us about your finances you can choose to pay the full subsidised charges for Day Care. No-one will go without the service because they cannot afford to pay.



Useful addresses

If you would like more information about day care services in Aberdeenshire you are very welcome to contact us at the following addresses:

Co-ordinator: North Central tel: 01779 478190

Kingscliff Centre

70 King Street

Peterhead AB42 1QJ

Co-ordinator: South Central tel: 01569 766622

Invercarron Resource Centre

Low Wood Road

Stonehaven AB39 2LJ

Co-ordinator: Dementia Day Services tel: 01346 515896

The Neuk

20 Lochpots Road

Fraserburgh AB43 9NH

If you would like this information in large print, braille, audio tape or a language other than English please contact

**Housing and Social Work on 0845 608 1206 or
social.work@aberdeenshire.gov.uk.**