

# Hopewell Respite Care Group Program

**The Hopewell Respite Care Program** is a community service program for residents of Hopewell, Prince George and surrounding areas aged 35 and older. The program is for persons who reside at home alone or are under the constant care of a caregiver, and/or are physically or mentally challenged and/or has sensory disabilities. Respite Care gives eligible persons the opportunity to participate in meaningful recreational, educational, leisure and social activities in a safe environment with their peers. It also provides an opportunity for caregivers to have some quality time to take care of personal, recreational and social needs.

**The Hopewell Respite Care Program** offers many activities to the members such as arts and crafts, adapted sports games, swimming, mild exercises, board games, field trips, seasonal programs and refreshments. The activities are designed to enhance the self-esteem, maintain and/or enhance independence, individual and social skills of members. Each member plays an active role in the day to day activities, depending on their capabilities and interests.

**The Hopewell Respite Care Program** meets at the Hopewell Community Center 3 days a week from 10 a.m. to 2 p.m. Staff consists of a Program Leader, Program Assistant and Volunteer Staff. They assist the members with the activities, ambulating and meals as required. Transportation to and from the Community Center is available for members of the program (within the City of Hopewell city limits).

Volunteers are needed to assist staff and members with programs and activities. Take advantage of this community service at no cost, however, donations are always welcome. Enjoy yourself in a home away from home atmosphere. We are here to serve you. For further information contact the Hopewell Community Center at **541-2355**.

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