

## Enliven Day Centre

Are you over 65? Enliven offers social connection, companionship, and fun times.

Discover how Enliven can brighten up your day and change your life.

The Presbyterian Support South Canterbury Enliven Day Centre provides companionship, support and care for older people living in our community.

In a friendly, relaxed and welcoming environment, Enliven offers:

- ▶ a fun place to socialise with others, build new friendships and share old times
- ▶ group outings to interesting places
- ▶ a supportive, disability-friendly environment
- ▶ interesting and enjoyable recreational activities based on your interests
- ▶ personally tailored programmes to help you keep physically active
- ▶ time out for carers
- ▶ nutritious two-course meal (included)
- ▶ qualified, specialist staff
- ▶ transport options (Timaru only)
- ▶ a warm welcome to friends and family at any time

Subsidies may be available and private payers are also welcome.



*Visit us and give Enliven a try*

### Saturday Club Activity Programme

Our Saturday Club Day Activity Programme is designed for clients diagnosed with dementia and run by qualified and experienced staff.

To find out more, please contact Residential Liaison Manager

☎ 03 687 1120 or

✉ [admin@pssc.co.nz](mailto:admin@pssc.co.nz)



**Presbyterian  
Support**  
South Canterbury

*enliven*

☎ 03 687 1117

🌐 [pssc.org.nz](http://pssc.org.nz)

✉ [csadmin@pssc.co.nz](mailto:csadmin@pssc.co.nz)



## Home-Based Care

It's all about you

*enliven*  
PRESBYTERIAN SUPPORT  
SOUTH CANTERBURY





Enjoy our services, which allow you to stay at home.



## Home Support

Presbyterian Support South Canterbury Home Support services can help you if you have an age-related condition; need some help to get back on your feet again after illness or surgery; have a short-term illness; have a disability.

Home Support services are relevant to your needs and have a restorative focus to help you get back to normal life and achieve your goals.

Our carers visit you in your home and can help you with:

- ▶ assistance with showering and dressing
- ▶ supervising medication
- ▶ household tasks (including meal preparation, hanging out washing, vacuuming)
- ▶ assistance with exercise
- ▶ grocery shopping and social outings

## CommunityFIRST

An alternative to rest home care, CommunityFIRST is available to people 65 years and over who have been assessed as needing rest home, hospital or palliative level of care but who choose to stay living in their own home.

Presbyterian Support is the sole provider in South Canterbury of CommunityFIRST home-based care.

Our team of trained and dedicated Registered Nurses and Support Workers are just as skilled working in the community as they are in rest homes. We can provide you or your loved ones with the same level of flexible and comprehensive support that they would receive in a rest home.

We work within a restorative care model. This means we focus on your strengths, abilities, needs and goals to help you improve and/or maintain your physical and psychological health and continue to live as independently as possible. Your individual care plan is reviewed with you every three months.

## HomeFIRST

Our HomeFIRST wraparound service provides intensive, short term support for clients transitioning from hospital back into life at home, with great results.

This service can remove the need for hospital admission, or facilitate an earlier discharge by taking acutely unwell clients from either hospital ED (medical, surgical or AT&R wards) or GP (General Practitioner) practice.

Talk to us about an eligibility assessment and access to the HomeFIRST service – criteria apply.

“All I know is that my life is easier with the help I get from PSSC.”

- Home based support client