

RESPIRE for the CAREGIVER

Caring for your loved one can be a very rewarding experience, but it can also be physically and emotionally draining on the person doing the caregiving.

It is important that caregivers seek respite time to help reduce stress and add balance to their lives.

The Day Center Program provides much needed respite time so that caregivers can attend to their daily responsibilities or take time for themselves. It is comforting to know that their loved one is in a **safe, supportive, enriching** environment like The Day Center.

Give us a call today to see if your loved one is suitable for The Day Center program.

Caregiver Support Groups meet at the Orleans Council on Aging as well as other centers. Give us a call if you would like to attend one of our support groups and learn how to cope with the stress of daily caregiving.

Orleans COA: 508-255-6333

PROGRAM FEES

Orleans residents: \$40/ day*

Non-residents: \$55/ day*

Transportation is available for Orleans residents at no cost.

**Financial assistance may be available to help defray the cost of attendance. Please ask the Day Center staff for more information.*

PROGRAM HOURS

Monday - Friday

9:30 a.m. to 3:00 p.m.

(Tuesdays for MEN only)

Our trained professional staff, at a ratio of one to six clients, assures individual attention to make sure that your loved one is safe and engaged in a social and welcoming environment.

The group meets in space designed for the program as well as makes use of our large function rooms, outdoor dining patio and lovely garden areas.

Transportation is available on lift-equipped vans from their home to the Day Center.



The Day Center, located at the Orleans Council on Aging, is a supportive day program which provides a safe, welcoming environment for older adults.

We provide enriching activities which promote independence and wellness, while supporting caregivers. Participants are high-functioning, but may have health issues and/or memory challenges.

This is a very vital program which helps participants age in place and remain in their own homes in our community for as long as possible.

**ORLEANS
Council
On
Aging**
at the CENTER of it all

150 Rock Harbor Road, Orleans, MA
508-255-6333 Ext. 19

Day Center Staff

Susan Curcio *Director*
Laird Anthony *Co-Director*
Bill Garner *Co-Director*
Delia Quinn *Co-Director*
Joyce O'Neil *Substitute*
Michelle Costa *Substitute*

Contact Information:

The Day Center
Orleans Council on Aging
150 Rock Harbor Road
Orleans, MA 02653

Phone: 508-255-6333 Ext 19
Fax: 508-240-6936

scurcio@town.orleans.ma.us



The Day Center participants help plant vegetables in the garden

Mission Statement:

To create a safe, welcoming place where participants can engage in various activities designed specifically to enrich their daily lives.

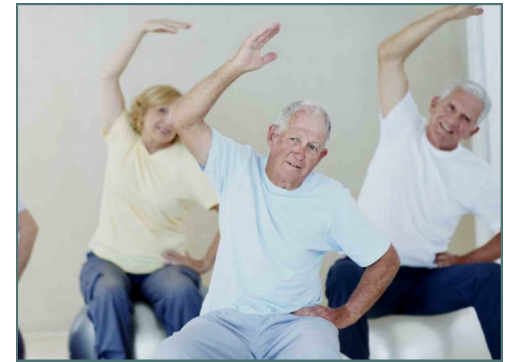
To provide a Supportive Day Program with a focus on individual participants' capabilities, experience, interests and personality; promote social, cognitive & physical well-being; to maximize the potential of each participant.

Participant Eligibility:

- Be able and willing to follow instructions and directions.
- Be able to participate in activities.
- Be able to function in a social, ambulating setting.
- Be non-combative, no threat to others or to themselves.
- Be capable of performing activities of daily living with limited aid.
- Be continent.
- Be able to administer own medications and personal care.

Assessments:

To ensure the greatest benefit to our participants, evaluations are completed during the first month of attendance to determine a base line of ability levels. These evaluations, as well as on-going assessments, provide a valuable tool for family review meetings, which are held once a year.



Activities:

Meet & Greet
Juice and healthy snacks
Group Activities
Crossword Puzzles
Daily News
Word Games
Sit Fitness Classes (3x week)
Nutritious home-cooked meal served daily in our dining room
Art Instruction
Birthday Celebrations
Bowling
CABARET events
Companion Animals
Cooking projects
Craft projects
Day Trips
Gardening
Indoor Golf
Music Programs
Guest Speakers
Travel videos & discussions