

BETTER DAYS

for frail and elderly people and the people who love them.



Information for families from the Rhode Island Adult Day Services Association:

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Making Things Better: Mr. Y's Story

Although he's only 66, Mr. Y. suffers from a number of serious medical conditions including type II Diabetes, chronic obstructive pulmonary disease and depression. Six strokes have left his arms weak and he has lost his right leg below the knee. He had not left his bedroom for four years except to visit a doctor or hospital...

Mr. Y. now looks forward to attending his adult day center every day. With careful management of his medications and plenty of individualized attention, the staff and nurses there have helped him gain self confidence and focus on his wellness rather than his illness. His wife reports that now they talk the way they once did.

"I have my husband back," she says.

Turn the page for more stories about how Adult Day Centers can help make things better...

Imagine a place

where frail and elderly people spend the day in the company of friends. Where they get the medical supervision they need and the attention they deserve. Where they can enjoy themselves again -- without giving up their homes, families and communities.

Today, special places like these -- called Adult Day centers -- are available in communities all across the state. They're helping frail and elderly people live as independently as possible. And they've given family caregivers the help, understanding and support they need.

Safe and Caring Places
Adult Day centers are carefully designed facilities that provide safe and caring places for frail and elderly people to spend the day. Their goals are to:

- **Make days fuller, richer and more enjoyable for participants.**

Turn to Imagine, p. 3

“Adult day centers provide a combination of monitoring and stimulation that helps slow the decline and delay the need for nursing home placement in many people.”

-- John Stoukides, MD Gerontologist

Frequently Asked Questions And Helpful Answers

Q. Since my mom’s stroke, she has difficulty feeding herself and getting to the bathroom. Can someone like her go to an adult day program?

A. Yes. Adult day programs are specifically for people with physical or mental limitations. Staff at these centers provide assistance with eating, walking, toileting and medications.

Q. If I don’t remind him, my dad forgets to take his medication. Will the people at a day center help with that?

A. Yes. Adult day centers have nurses on staff to make sure participants take their medication as needed. These nurses also monitor things like blood pressure and weight and how well a person is eating.



Q. I love my father very much but even I get frustrated when he asks the same question 20 times or insists he hasn’t had dinner five minutes after he’s finished. Won’t strangers get annoyed with him?

A. The people who work at adult day centers are specially trained to understand the problems many older participants have. They have learned how to deal with repeated questions and other issues. And because there are usually several people working together they can help and support each other. So it’s often easier for them to deal with difficulties cheerfully than it might be for you.

Q. Sending my mother to an adult day center sounds like a good idea. But I’d also like to learn how to handle her better myself. Is there some place that can help me?

A. Most centers offer support groups for family caregivers. These very valuable groups let you share your feelings, learn new coping strategies and see that you are not alone.

Q. I’d like to send my husband to an adult day program but I’m on a fixed income. How expensive are these programs?

A. The cost ranges from \$45 to \$70 a day, depending on the programs and activities offered, but all adult day centers work to make their services affordable to those who need assistance. You should also know that you may be eligible for state assistance with the cost if you meet income guidelines.

Q. If I decide to send my mother to an adult day program, would I have to send her five days a week?

A. No. You can send her fewer days per week if you prefer.

Making Things Better: Mrs. F.’s Story:

Mrs. F. lives alone despite the fact that she’s 93 and needs to use a walker. Although she’s alert, she is very hard of hearing -- a real problem when she needs to contact her doctor, arrange transportation or fill a prescription. Her brother, who is in his 80s and lives in Massachusetts, does what he can to help but remaining independent was becoming increasingly difficult...

Mrs. F. continues to live independently in her own apartment and knows she can rely on the nurses at her center to help with the things she can’t do because of her deafness. She also enjoys being with people at her center five days and participating in activities like hooking rugs.

Asked how she feels about her life, she responds “I love coming to the center.”

Q. I don’t drive any more. How would my husband get to the adult day center?

A. Many adult day centers provide transportation. Others can help arrange it.

Q. My mom’s Alzheimer’s can make her pretty difficult to handle. Will an adult day center accept her?

A. All our area’s adult day services programs serve people with early stage Alzheimer’s and some will take people whose disease is more advanced. If you believe your mother is not well enough for one of the standard adult day services facilities you may want to talk to the Feinstein Center in Cranston or the

Cornerstone Alzheimer’s Center in Warwick. These two facilities specialize in caring for people with more advanced Alzheimer’s.

Q. Since my wife developed Alzheimer’s she seems to have difficulty doing much of anything. Won’t she be frustrated by the activities at the center?

A. Adult day centers offer a wide variety of activities especially for people with Alzheimer’s and other similar conditions. Participants are grouped by their abilities and interests. The goal is to engage people in activities they can enjoy and offer them things to do that they can complete successfully.

Q. I have a woman who comes in every day to stay with mom, fix her lunch and generally look after her. Isn’t that really better than sending her out to a center?

A. For some people it may be, but many other older people really enjoy being around a group of people – particularly people who share their tastes, values and memories. Many people who go to adult day centers also profit from the nursing care, exercise programs and special activities the centers offer.



“After my wife’s seizures and many battles with depression, your one-on-one approach helped her over each challenging hurdle. When she came home she beamed with news of her many activities...”

-- Husband of a participant

“My father blossomed under your care. I saw him become more able to participate in conversations and able to use more of his short term memory.”
-- Daughter of a participant

Can someone you love benefit from Adult Day Services?

Often some sort of crisis -- like an illness or wandering -- causes people to look into Adult Day services. But there are other, less obvious, signs that a person may need the security, support and individualized attention these centers offer. For example:

Does the person you care about need help with bathing, dressing, walking, toileting or eating?

Are you afraid he or she will fall without supervision?

Is the person lonely or sad much of the time?

Has confusion or illness made it difficult for the person to enjoy activities like reading or watching television that they once enjoyed?

Does he or she have a chronic medical condition that needs ongoing monitoring or therapy?

Is he or she skipping meals or taking medications improperly?

Does the person often forget conversations or events?

Has your loved one stopped caring about how he or she looks?

If you answered yes to any of these questions, you might want to consider calling or visiting an Adult Day center near you. Acting before a crisis arises can help the person you care about maintain his or her health and independence and enjoy life as much as possible.

Imagine (from p. 1)

- **Help protect participants' health by providing nurses who carefully monitor their condition.**
- **Let participants' families and other caregivers work, meet other responsibilities or simply take some much-needed time for themselves.**
- **Make it possible for participants to stay active, independent and in the community rather than being placed in nursing homes before it's truly necessary.**

Attention and Support

Like senior centers, Adult Day centers offer interesting activities and a chance to socialize with friends. But Adult Day centers offer far more care and support. Nurses at these centers administer medications, and

check blood pressure, weight, food and liquid intake and skin condition. They are prepared to assist with tube feeding, arrange lab work and physical and occupational therapy and work directly with participants' physicians.

The people who work at adult day centers are specially trained to meet the personal and emotional needs of participants -- even those who are very frail, or ill or confused. Staff members are able to provide caring assistance with eating, walking, toileting, bathing and other activities. And they have the skills to help participants exercise, socialize and enjoy a wide range of activities.

Help for families, too

Adult Day centers reach out to the families of partici-

pants as well -- keeping them up to date on how their loved one is doing and working with them to make days as smooth and enjoyable as possible. They offer help in finding and using transportation, home care and financial assistance programs. And they offer comfort and education through a variety of support group programs.

Making a difference
There's no cure for aging and still no cure for many of the diseases that can strike in later years. But Adult Day centers are proving that careful medical attention, kindness, support and just plain fun can truly work wonders.

Caring for Caregivers

If you're caring for a loved one who is frail or confused you know how important -- and how difficult -- the job can be. What you may not know is that Adult Day centers can make that job easier. How? By giving you time to rest and meet your

one stay as well, as happy and as independent as possible.

The right to rest

Adult Day centers can also help you be a better caregiver, by giving you the space and the rest you need. Caregivers who take a break have more patience and creativity -- and they have a chance to build the other important relationships in their lives.

Education and support

Most caregivers talk informally with Adult Day center staff virtually every week. In addition, most centers offer formal education programs to teach caregivers about conditions like Alzheimer's Disease. They also offer groups where caregivers can share their feelings and experiences and gain support from people who are facing the same sorts of problems.

Referral and assistance

Adult Day centers can also put you in touch with other forms of help -- like home health aides, transportation and long-term care. And we can direct you to state services and financial assistance for people who meet income guidelines.

other responsibilities -- and by giving you the tools and emotional support you need.

A part of the team

Adult Day centers don't replace family care, they enhance it. Family caregivers and center staff become a team dedicated to making life better for participants. We share insights into what makes participants happy, learn from you about their special needs, and plan together to help your loved



"When I leave Joe at the center, I know he is being well taken care of and this allows the stress to ease out of my own body and mind."

Wife of a participant with advanced Alzheimer's Disease

Making Things Better: Mrs. P.'s Story

Mrs. P. lives with her husband. At 81, Alzheimer's disease has taken most of her long and short term memory as well as her ability to use language to express herself. She also suffers from high blood pressure and substantial deafness. Although she's alert, she is often confused and finds it difficult to follow even simple instructions. More frightening for her husband, though, is the fact that Mrs. P. wanders and must be watched constantly.

Since she began attending an Adult Day center both Mrs. P. and her husband are doing better. Staff at the center help her participate by giving her frequent gentle cues and she's discovered again that she loves to dance. The center's staff has also helped her husband learn about her condition and they're ready to provide reassurance each time he visits the center.

Adult Day Services Across Rhode Island

Rhode Island's Adult Day centers welcome visitors. Simply give them a call. They'll be happy to schedule a tour and an opportunity to meet the staff at a time that's convenient for you.

Bristol

Cornerstone Adult Services, 254-9629
www.cornerstone-ri.com
email: info@cornerstone-ri.com

Coventry

Cornerstone Adult Services, 739-2844
www.cornerstone-ri.com
email: info@cornerstone-ri.com

Cranston

Cranston Adult Day Services; 780-6243
email: jdenneny@CranstonRI.com

Louis Feinstein Alzheimer's Center, 946-9220
www.feinsteinalzheimerscenter.org
email: lfac@conversent.net

Victoria Court Adult Day Services, 946-5522
email: zelbb@aol.com

Greenville

Dora C. Howard Centre, LTD, 949-3890
www.dorahoward.com email: dorahoward@lycos.com

Little Compton

Nancy Brayton Osborn Adult Day Center, 635-2358
email: KCullen@VNASM.org

Middletown

Forest Farm Adult Day Services, 849-8326
email: forestfarmhcc@ids.net

North Providence

Fruit Hill Day Services for Elderly, 353-7210
email FMMALINE@yahoo.com

Generations Adult Day Health Center, 725-6400
email Nancy@generationsdaycare.com

Pawtucket

New Horizons Adult Day Center, 727-0950
www.ankenfumc.org/newhorizons/INDEX.HTM
email: NHADC@juno.com

Providence

Crystal Pavilion Adult Day Services, 272-3887
email: 2aspirin@earthlink.net

Jewish Seniors Agency

Comprehensive Adult Day Center, 351-2440
www.jsari.org email: rsinapi@jsari.org.

Wakefield

South Kingstown Adult Day Services, 783-8736
www.southkingstownri.com/code/snrvsdcdaycare.cfm
email: sksenior@netsense.net

Warren

The Willows Adult Day Services, 245-2323

Warwick (Apponaug)

Cornerstone Adult Services, 739-2844
www.cornerstone-ri.com
email: info@cornerstone-ri.com

Warwick (Warwick Neck)

Cornerstone Adult Services
Alzheimer's Care Center, 739-2844
www.cornerstone-ri.com
email: info@cornerstone-ri.com

Westerly

Westerly Adult Day Services, Inc., 596-1336
www.wadsinc.com email: administrator@wadsinc.com

Woonsocket

Alternative Adult Care, 766-0516
email: aadultcare@netzero.net

Making Things Better: Mrs. R's Story

A stroke in 1998 left Mrs. R unable to speak clearly or walk without assistance. She also suffers from dementia, high blood pressure, diabetes and several other conditions. Despite all these problems her daughter was determined to bring her home when she finished her stroke rehabilitation. However, both the daughter and her husband needed to work and Mrs. R. clearly could not be left alone...

Since starting at an Adult Day center Mrs. R. is doing far better than anyone thought she could. She walks independently, and both her speech and understanding have improved. A home health aide meets Mrs. R when she comes home each day so her daughter can continue working. Mrs. R has made new friends and participates in activities she enjoys.

People Having Fun

Visit an Adult Day center and you'll see people having fun.

- You'll find some enjoying mild exercise like armchair aerobics or walking while others participate in spirited wheelchair games of kickball, basketball or horseshoes.
- Others may be in the kitchen cooking or baking.
- Still others may be enjoying reminiscing, discussing current events or playing trivia games.
- Look in other rooms and you'll see people painting or working on

craft projects: singing or dancing, having their hair done, playing cards or simply resting.

- At some centers, if the weather is nice, you'll find people outdoors enjoying the gardens.
- And at many you'll notice people crowding around to enjoy affection from a pet therapy animal.

What you may not see right away is how activities are designed to be therapeutic as well as enjoyable. Participants are encouraged to join groups doing things that will challenge them just enough and leave them feeling successful.

Exercise builds strength and encourages mobility, creative activities boost self esteem and games and discussion groups help keep minds active.

If you look carefully, you'll also notice how hard the centers work to satisfy the needs of each individual. Whether it's a special diet for a diabetic participant, tiny portions for one who is overwhelmed by a full plate, or a volunteer to play checkers with a gentleman who loves the game, each individual's abilities, limitations and preferences are carefully respected.



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"... just seeing how happy and full of life my mother is, has made me see that (the Adult Day center) was the right choice."

--Daughter of a participant