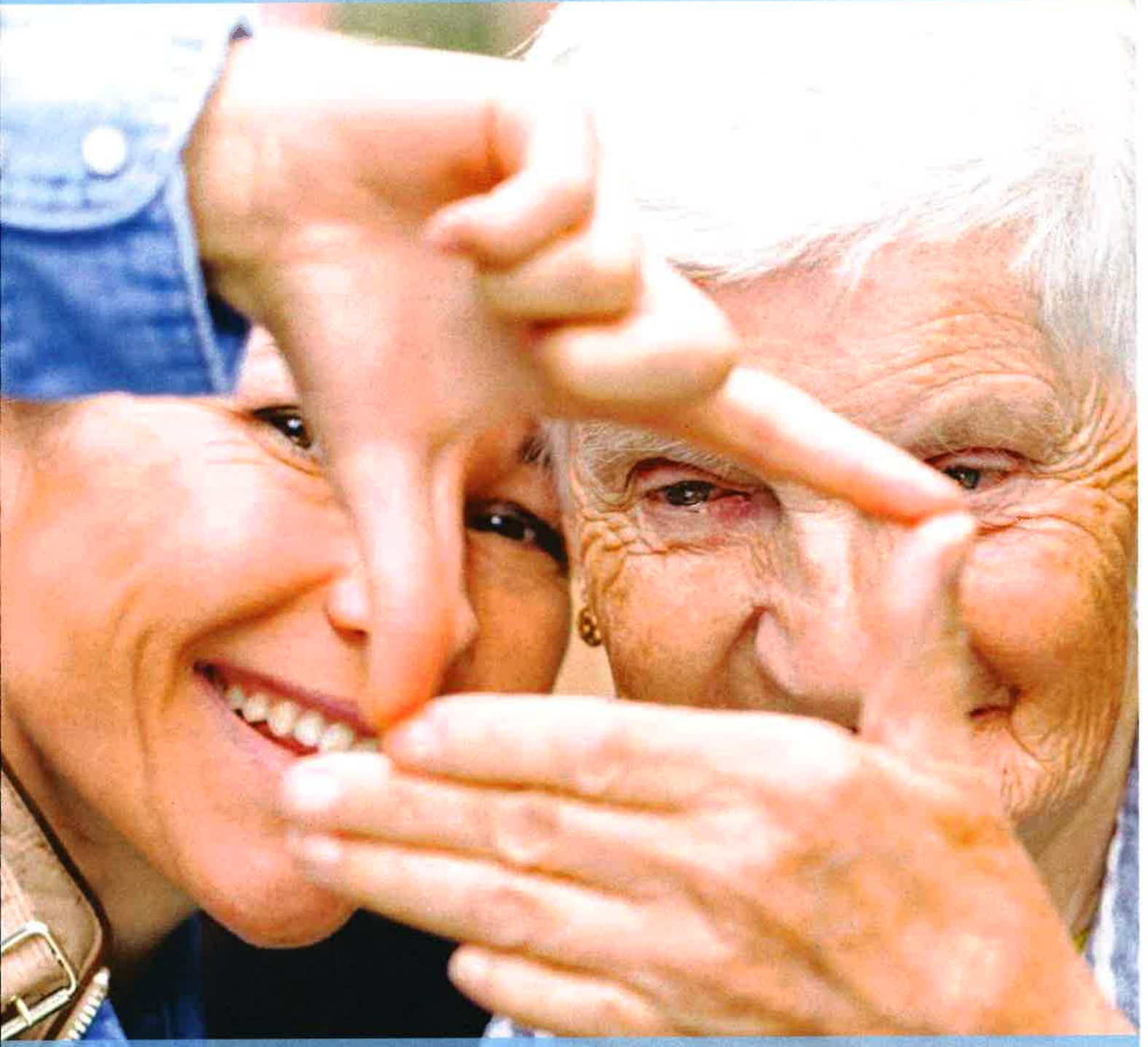




The Day Center of Evergreen Commons

FOR THE CAREGIVER



The Day Center of Evergreen Commons provides a safe and secure environment built around social stimulation, engagement, personal care, and fun activities for your loved one, while providing respite to family caregivers, giving them a much-needed break from caregiving responsibilities.

BENEFITS TO YOUR LOVED ONE

- Attending the Day Center **reduces** re-admission and emergency department visits.
- **Preserves independence**; allows people who need special assistance to leave the home and be involved socially with others.
- Participants enjoy control over the activities that they choose to do, **increasing a sense of well-being**.
- Provides **supervised care** while living at home.
- **Participants are engaged** in social and therapeutic activities during the day.
- Services are primarily **designed for seniors**.
- **Enhances the quality of life** of the participant.
- **Comprehensive health screenings**: Professional licensed nurses, social workers and activity professionals conduct a series of comprehensive health screenings that form a baseline from which to measure future changes in health and cognition.
- **Health monitoring** including vital signs, administering medication, health changes, diabetes, weight and diet.

CAREGIVER NOTE

"My husband Dan, who has Alzheimer's, loves attending the Day Center. When we are nearing the center he tries to unbuckle himself because he is so excited - he just lights up as the staff greets him! My husband thrives during his time at the Day Center!

The program is such a help to me - it helps take some pressure off of me by stimulating him and keeping him moving and active. He smiles and is happy, and I know he is in a safe place, doing something he loves to do, which makes me very happy!"

Dan & Jan
Participant & Caregiver

DAY CENTER ACTIVITIES

Creative Arts: painting, drawing, crafts

Educational: brain builders, trivia, computer games

Music: bell choir, musical performance guests, sing-a-long

Physical/Gross Motor: armchair exercise, balloon swat, bowling

Social: front porch travels, discussion group, reminiscing, table games

Spiritual: faith and devotions, prayer circle, hymn sing (also offered in Spanish)

[HELP FOR THE HOLIDAYS]

For many families, the holidays are filled with opportunities for togetherness, sharing, laughter and memories - yet holidays can also be filled with stress, disappointment, and sadness. Caregivers may feel overwhelmed in their effort to maintain holiday traditions while providing care for their loved one and may feel reluctant to invite family and friends in fear of their reaction to the change in their loved ones health and behavior.

Here are some suggestions that may help to ease the burden of caregiving and make the holidays happy, memorable occasions.

Adjust Expectations: Discuss your situation honestly with family and friends so that they can have realistic expectations. Re-evaluate traditions or create new family traditions and choose the traditions that you enjoy and that are the most meaningful to your family. Simplify gatherings by having a "potluck" meal, using disposable paper products and utensils, or ask someone else to host the event at their home.

Adapt Gift Giving: Encourage useful gifts such as music, videos of family members, photo albums, subscriptions to magazines, gift certificates for long-distance phone calling, or comfortable, easy-to-remove clothing. Have your care recipient help you package baked goods in boxes or tins, or in some way to participate in gift giving.

Take Care of Yourself: Avoid caffeine and alcohol. Listen to your favorite Christmas music. Eat sensibly, but do allow yourself an occasional treat. If someone asks for gift ideas for you, suggest a gift certificate for self-pampering such as a manicure, pedicure, or massage, a house-cleaning service or for a carry-out restaurant. Celebrate your successes and give yourself credit for doing a good job. Consider using respite services to get away for a couple of hours. Attend a caregiver support group.

Most of All: Remember that holidays are opportunities to share time with the people you love. Try to make these celebrations easy on yourself so that you may concentrate on enjoying your time together with your care recipient.

MONTHLY SUPPORT GROUP CALENDAR

2ND & 4TH TUESDAY:

12:30 pm at The Day Center,
conference room. Respite is
available

2ND THURSDAY:

10:00 am at Christ Memorial Church in
the green room

3RD WEDNESDAY:

2:00 pm at Fennville United Methodist
Church

4TH TUESDAY:

3:00 pm at Fellowship Church of
Holland in room 104

WORKSHOPS

POWERFUL TOOLS FOR CAREGIVERS

This free 6-week program is designed to give family caregivers the tools needed to care for themselves while they are caring for a loved one. You'll learn ways to relax and reduce stress, communicate effectively with family, doctors and other professionals, set goals, make decisions and problem solve.

SAVVY CAREGIVERS CLASS

This free 6-week class teaches participants a unique perspective on dementia, highlighting the functional aspects of the disease and concentrating on the abilities of the person with dementia.



The Day Center
of Evergreen Commons

The Day Center
55 W. 16th Street
Holland, MI 49423

www.evergreencommons.org

Resource Office: 616-355-5118
Mon 10am - 3pm, Tues - Fri 9 am - 3 pm

Day Center Hours: Mon - Fri 7:30 am - 4:30 pm

SIGN UP CHECKLIST

- Call our Resouce Office for information
- Schedule a tour
- Set up a trial day
- Complete enrollment forms
- Determine attendance schedule
- Complete baseline assessment

RESOURCE OFFICE (at Evergreen Commons):

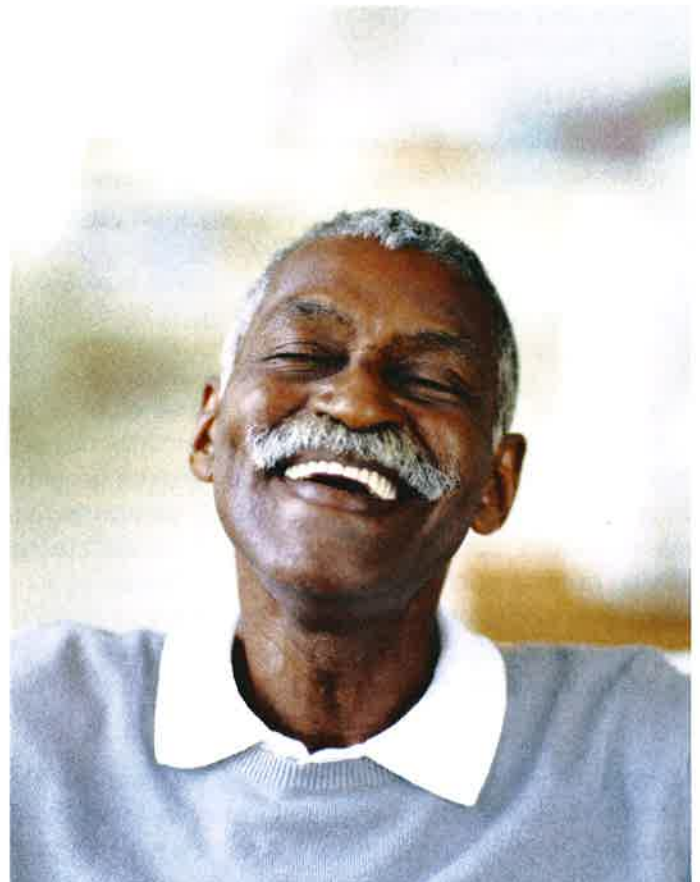
Our door is always open to help with issues impacting older adults including financial, housing, health insurance, caregiver assistance and more. Call for hours, information, or to schedule an appointment.

CARE COORDINATION:

Our Care Coordinators provide a free in-home assessment to help identify and access services to support your loved one in maintaining their independence, connecting them with appropriate resources in their community, and providing caregivers with information on support groups, classes, and training.

BATHING PROGRAM:

Our bathing program offers the option of a barrier-free shower or a specially-designed whirlpool tub. Both bathing options are provided in a private setting with professional staff assistance on an appointment basis.





Falls decrease by 48% for participants who stay in the program 6 months or longer



96.6% of caregivers reported less stress after 6 months



100% of caregivers reported their loved one benefited from attending the Day Center



76.6% of participants improved or maintained their emotional and cognitive functions after 6 months



78% of participants maintained or improved in their activities of daily living functions.



Participant ER visits for Day Center participants (5.1%) compared to the Michigan home health average (13.8%)



Hospitalizations for Day Center participants are 3.9% compared to the Michigan home health average of 16.9%



Re-hospitalizations for Day Center participants with the same diagnosis is 0%

THE SUPPORT YOU NEED

- **Respite Care:** Our Day Center provides safe, short-term relief for those caring for loved ones.
- The results of a recent study showed that adult day services are helpful in reducing the level of stress on family caregivers. After 3 months family caregivers experienced fewer symptoms of depression than those who did not utilize adult day services.
- The Day Center's care improves the relationships between the care recipient and the caregiver. These are often strained due to stressful situations; a major reason people with needs move to an assistive living facility or nursing home.
- The Day Center facilitates 5 monthly Caregiver Support Groups to provide an opportunity for caregivers, family, friends, and others to discuss providing quality care for a loved one while providing education and support for the caregiver.
- **Education:** The Day Center provides free workshops to provide caregivers with the education and tools needed for effective care giving, while teaching the importance of self care while caring for a loved one.



FREQUENTLY ASKED QUESTIONS

- **Can I come in for a tour?** Yes! We encourage you to come in for a tour to check us out! Feel free to call us at (616) 355-5118 to schedule a tour. Someone is always available to show off our innovative program and surroundings.
- **Who takes care of my loved one while they are at the Day Center?** Rest assured your loved one will receive incredible care from our experienced staff members. Our team consists of Program Nurse, Program Manager, Activity Coordinator, Caregiver Support Coordinator, Food Service Coordinator, Receptionist, Milieu Managers, Nursing Assistants, Medication Technicians and Program Assistants. Each Day Center staff initially receives several hours of training specific to adult day services and are required to maintain CPR and AED certification. Background checks are completed on all staff members before employment in our program begins.
- **How often do individuals attend the Day Center?** Many individuals attend 2-5 days a week. Many come Mon/Wed/Fri, others attend Tues/Thur and yet others attend different schedules such as Tue/Wed/Fri. Some individuals arrive right at 7:30 AM, while others like to sleep a little longer and show up for the day at 11:00 AM. Our goal is to meet YOUR need and whatever your family situation may be. We are here for you!
- **What is the cost involved to attend the Day Center?** The Day Center of Evergreen charges each participant according to their level of care. An assessment is completed upon admission to determine what level of care a participant may be, ranging from Level 1 (least amount of additional care) to Level 4 (highest level of additional care). The cost of the Day Center is a fraction of the cost of moving your loved one to a long-term care facility, and funding assistance may be available for those who qualify.
- **How do I talk to my loved one about going to the Day Center?** This can often be a difficult step in the caregiver process. How you approach it is different for everyone - We have many suggestions we can share with you based on your situation.
- **Is adult day care covered by long-term care insurance?** Most long-term care insurance policies do cover adult day care services. Often there is a co-pay or required amount of money that must be spent out of pocket before the long-term care insurance begins paying.
- **Do you offer a free trial day for my loved one?** Yes! We firmly believe that the best way to learn about the benefits offered by The Day Center of Evergreen, is to experience it first-hand. Call 616-355-5118 to schedule a free trial day for your loved one where they will be able participate in engaging activities, time with other participants and enjoy a delicious meal!
- **What is your staff-to-participant ratio?** The Day Center of Evergreen has at least one staff member for every five participants.
- **Do you offer transportation services?** The Day Center of Evergreen offers transportation services - Our goal is to provide you with safe, personable and high quality service from your front door to ours.
- **Are meals provided at the Day Center?** Yes! We have an in-house chef who prepares fresh, healthy lunches each day.