

What is Adult Day Program?

Adult Day Program is a place for the elderly and other impaired adults who need help with social, nutritional, health, educational, and personal care. It can increase the family member's sense of independence and self esteem because not only is he or she helping him or herself, he or she is helping others. It is particularly helpful for people who need structure activities. Activities can range from arts and crafts to exercise to music and singing; to reminiscing with people your family member's own age. Not all day care centers offer the same things. There are specialized day care centers for people with memory problems.

Adult Day Program provides a positive, caring environment that allows the challenged adult to reach his or her fullest potential. we give family members support in meeting the stress of caring for loved ones and coping with the daily pressures associated with adult health care. Our approach encourages positive relationships and empowers both the client and family caregivers by allowing them to select their own choices of care offered.

It is an alternative to full-time nursing home care that keeps families together. It provides participants with health, recreational and social services in a caring environment during the day, allowing respite for family caregivers.

Who Does It Serve?

Participants are the frail elderly, physically challenged, disoriented or confused adults. Adult Day Care provides a safe environment for those with chronic or lifelong problems that prevent them from living completely independent lives.

What Are The Benefits?

Caregivers receive relief and emotional support in coping with long-term care of a family member.

Caregivers can return to a less stressful daily life, secure in the knowledge that their loved one is being cared for.

Participants learn to cope with dependence on others and gain a measure of independence in the process.

Family members stay together and can spend more quality time in the evening.

What Services Are Provided?

Services include:

- **Daily Transportation**
- **Hot nutritious meals and snacks**
- **Health monitoring**
- **Recreation**
- **Social Services**
- **Counseling**
- **Special services for physically and mentally challenged adults**
- **Physical and occupational therapy**

Hours: 8:00 am to 5:00 pm Monday-Friday. Please call or visit for additional information.

SKY-HY ADULT DAY CARE

SKY-HY SUMMIT, located in Topsham Maine is an extremely versatile facility, incorporating, within a single building; conference rooms, a library, a video and cassette library, a fully equipped commercial kitchen, overnight lodging space on the third floor with offices and staff accommodations on the second floor.

Spectacular views of the surrounding countryside, as far away as Wiscasset, may be seen from inside the building through its many spacious windows, but are best enjoyed from the easily accessible, expansive verandas that wrap around the three floors of the building.

Vegetation and wildlife abound on the 21 acres around the building and includes a variety of wildflowers, ample shade trees, birds, squirrels, deer, eagles and more. This unique facility, overlooking Bradley Pond and the Cathance River is located within one hour of over 60% of Maine's population.

Sky-Hy Adult Day Program utilizes first floor space only, in areas originally designed for conferences and meetings. This area consists of 8,942 square feet and includes a fully equipped commercial kitchen and ample toilet facilities for both men and women. The Adult Day Program's regular hours of operation will be from 7:30 AM to 5:30 PM Monday through Friday. Weekends and evenings will be offered if the demand warrants.

We provide a quality open loving environment where a maximum of 48 adult participants may be unobtrusively supervised as they participate in a variety of social, leisure and physical programs offered to them on a strictly voluntary basis. We promote a caring atmosphere of self improvement and stimulated self-worth where each participant is encouraged to use his/her own life-skills to encourage and uplift others, while they are all offered new learning experiences and exposure to new technology such as computer use and introduction to the Internet. The program will be flexible as to diversity of functions and will accommodate fluctuation in the senior population.

LEISURE ACTIVITIES: include crafts, a game area for card playing, a TV lounge, a reading room and isolated nap areas partitioned for privacy, but open to supervision.

Regularly scheduled **SOCIAL ACTIVITIES** are available throughout the day and are implemented as interest dictates. Sign up sheets are used as a medium for soliciting and expressing interest and will include, but not be limited to: Parlor games, Group singing, Drama and Musical skits, Tall tales, Poetry reading, Prayer Services, Impromptu and scheduled sharing of life experiences.

PHYSICAL ACTIVITIES include supervised stretching and mild calisthenics, ping pong, dancing, walking and strolling along footpaths and trails as weather and conditions permit.

EDUCATIONAL ACTIVITIES make maximum use of the shared knowledge of the participants (mainly to stimulate their self worth. Computers are available for word processing, Internet browsing and games. Crafts are offered with the opportunity to sell completed crafts on site to visitors.

A monitored **BULLETIN BOARD** is located in the lobby area to post information about transportation and referral programs for counseling and legal assistance. Individual assistance will be available to help seniors interpret and understand all posted information and for any other assistance and support not specifically posted.

TRANSPORTATION is available to qualified participants when possible.

Intake and assessment forms are used to identify those seniors who need **PERSONAL CARE ASSISTANCE**. Seniors needing such assistance are closely monitored by attendants to assure needed assistance is provided in a private, courteous and caring manner. Morning and afternoon snacks are provided and noontime meals are served daily. **SPECIAL DIET PROVISIONS** ordered by physicians or licensed nutritionists are honored and accommodated. Routine **HEALTH MONITORING** is provided to seniors needing such assistance. All such monitoring will be accomplished by, or under the direction or supervision of an **RN or LPN**.

Reaching out to Topsham and its surrounding communities, promoting the personal dignity of each participant while caring for their particular needs in a joyful, loving, life-

giving environment, and fostering on-going involvement between the participants and their families and friends are our primary objectives.

Cost of Services and Funding Options

Adult Day Program services offer the most cost effective plan for providing care and supervision to physically or emotionally handicapped persons over 18 years of age.

A low hourly rate and several funding options make it possible for a wide range of people to attend at little or no cost.

Funding options include:

Maine Care	Up to 3 days a week free
Medicare Care Waiver	Free for those who qualify for Nursing Home Care
Community Support Funds	Up to 3 days a week – 80% to 100% fee reduction
Partners in Caring	Reimbursement for Respite Care
Home Based Care	Funding for Home Based Care
Elder Independence of Maine	Managed Care with several funding options
Veterans Administration	Up to 5 days a week free
Private Pay	A low hourly rate – Please Call

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