LAUNCH A DAY PROGRAM FOR ADULTS WITH ALZHEIMER’S DISEASE OR OTHER DEMENTIAS

SO FAMILY CAREGIVERS CAN TAKE OFF
ALICE
A VIBRANT, SOCIAL BUTTERFLY, AN AMAZING WIFE, MOTHER, SISTER, FRIEND & NEIGHBOR
Pre-launch Prep

1. Licensing
2. Funding/Locating
3. Staffing
4. Coaching Family Caregivers
Pre-launch Prep

1. Licensing
In South Carolina

Department of Health and Environmental Control (DHEC)
A facility, for adults 18 years of age or older, which offers in a group setting a program of individual and group activities and therapies. The program is directed toward providing community-based day care services for those adults in need of a supportive setting, thereby preventing unnecessary institutionalization. The program shall provide a minimum of four (4) and a maximum of fourteen (14) hours of operation a day.
Pre-launch Prep

1. Licensing
2. Funding/Locating
In South Carolina

Bequests

Grants from Civic Clubs/Foundations

Faith Community Budget
In South Carolina

Faith Communities
Recreation Centers
Pre-launch Prep

1. Licensing
2. Funding/Locating
3. Staffing
VOLUNTEERS
THREE GREAT ORGANIZATIONS/RESOURCES

NIH
National Institute on Aging

Alzheimer’s Association
The compassion to care, the leadership to conquer

Alzheimer’s Foundation of America
Community Memory Screenings & Awareness-Raising Education
Pre-launch Prep

1. Licensing
2. Funding/Locating
3. Staffing
4. Coaching Family Caregivers
“NO ONE CAN TAKE CARE OF MY MOTHER THE WAY I CAN. I WILL JUST HAVE TO KEEP HER WITH ME ALL THE TIME”

32 YEAR OLD DAUGHTER WITH ELEMENTARY AGED CHILDREN; HER 55 YEAR OLD MOTHER WAS DIAGNOSED WITH EARLY ONSET ALZHEIMER’S DISEASE
“SINCE MY HUSBAND HAD HIS STROKE, HIS SPEECH IS SLURRED AND NO ONE BUT ME CAN UNDERSTAND HIM.”

50 YEAR OLD WIFE WITH 55 YEAR OLD HUSBAND WHO IS INCONTINENT OF BOWEL AND BLADDER
“When my mother died, my father moved into my home. I feel guilty if I ask anyone else to care for him. My mother would have cared for him by herself and I will, too.”

65 year old daughter with 90 year old father who has short term memory loss & an unsteady gait
FAMILY CAREGIVERS NEED COACHING.
WHAT IS THE ROLE OF A SPORTS COACH?
• TO KNOW THE “FUNDAMENTALS”
• TO TEACH THE “FUNDAMENTALS”
• TO PROVIDE ENCOURAGEMENT & GUIDANCE AS PLAYERS APPLY THE “FUNDAMENTALS”
• TO REMIND PLAYERS OF THE “FUNDAMENTALS” AS NEEDED
• HAVE A PLAN/STRATEGY FOR SUCCESS
4 ROLES FOR THE RESPITE COACH

1. Ask Questions – about the fundamental concerns
2. Listen – to how the primary caregiver is handling their fundamental concerns
3. Simplify – offer a fresh perspective on addressing the fundamental concerns
4. Revisit the fundamentals concerns as needed
5. Brainstorm to create a respite plan/strategy that benefits caregiver & care receiver.
THREE NEEDS OF DAY PROGRAM PARTICIPANTS

FAMILIAR ACTIVITIES
This is not the time to teach new things, but you might “re-introduce” a past activity.

LIMITED CHOICES
When short term memory is impaired, a choice of two things is the maximum that should be offered.

AFFIRMATION
Human beings never outgrow the need to be affirmed; add short term memory loss & confusion to the human equation and ...
DO'S & DON'TS OF A DAY PROGRAM

DO

• HAVE AMPLE STAFF
• KEEP IT SIMPLE
• OFFER BREAKS
• USE PREFERRED NAME

DON'T

• INSIST ON “PARTICIPATION”
• SINGLE OUT ANYONE
• CORRECT PARTICIPANTS
• ASSUME ANYTHING
3 Examples from South Carolina
The Ark Day Program

- Opened 1996; on 2nd Floor of Church Pre-School Building
- At first one session per week on Wednesdays
- Now 4 sessions per week; Mon-Thurs; 10 am – 1:45 pm; $35 per day; $10 for transportation round trip per day
- Initially grant from Brookdale Foundation; later Alzheimer’s Resource Coordination Center (ARCC) through SC OOA
- Current Enrollment = 27; 9 men; 18 women
- 4 FT employees; 5 PT employees
- Participant/Staff Ratio 2:1 or 1:1; Telephone Assessment
Rhodes Respite Care  Anderson SC

✓ Opened 2009
✓ Housed in Church Pre-school Building
✓ 2 sessions per week; Tues & Thurs; 10 am – 1:45 pm
✓ Funded by bequest from church member “use this money to help family caregivers of those with Alzheimer’s Disease”
✓ Current Enrollment = 9; 5 men/4 women
✓ Director & Assistant Director are paid; other staff are volunteers; Telephone Assessment
✓ $40 registration fee; $30 per session due at end of month
Respite Care Center

- Opened Sept 2016
- Housed in Community Recreation Center
- 2 sessions per week on Wed & Fri; 9:30 am – 1 pm
- Space not available in community center during summer
- Initially funded by grant from Rotary Club
- First Year enrollment = 8; 3 men/5 women
- Began 2nd year in Sept 2017
- $10 Registration Fee; Suggested donation $10 per day
- Telephone Assessment
Walking with Grace
Tools for Implementing & Launching a Congregational Respite Program
By: Robin Dill

The information in Robin’s book could be applied in other settings.
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