

Support for Your Loved One

How Adult Day Services will support your loved one:

- Daily exercise programs for all levels of ability
- Restorative Therapy
- Small and large group activities
- Health and medication monitoring by a nurse
- Community excursions
- Music therapy
- Pet therapy
- Assistance with personal care
- Hot meals and snacks
- Professional therapy services with physician's order

Funding Sources

Costs may be covered in full or in part by:

- Older American's Act
- Veterans Administration (VA)
- Medicaid Waiver
- Family Respite Program
- Adult Services and Aging (ASA) Under 60 Program
- Long-Term Care Insurance

Support for You

Caregiver Case Management Program

Caregiver Case Management Program offers evidence-based caregiver support programs. All services provided are offered in a private and confidential setting. Meetings are conducted via one to one sessions, phone or email.

What services are provided by Caregiver Case Management Program?

COUNSELING, EDUCATION AND SUPPORT

Case Management offers:

- Stress Management Classes
- Referrals
- Support Groups
- Coping Skills Development
- Caregiver Assessment with Customized Care Plan
- Educational Workshops

Caregiver Case Management will help you change your approach to...

- Resources
- Time Management
- Pre-Planning
- Self-Care

Free & Confidential

For information contact:



Support, Strength & Solutions

800-360-6161 • 605-275-7681

www.caregiverssd.org

Active Generations

OPPORTUNITIES FOR A LIFETIME

(605) 336-6751

Adult Day Services



Providing community-based assistance for adults in a safe, welcoming environment. These programs strive to keep families together by meeting the needs of adults who want to remain in the least restrictive environment but need supervision during the day.



Sioux Empire United Way

Day Break

Founded in 1983, **DAY BREAK ADULT DAY SERVICES** is a trusted provider of accessible community-based care, education and support for adults in need and their caregivers.

Day Break Adult Day Services partners with caregivers and physicians in a team approach to provide each participant with a program that is tailored to his or her needs. Participants receive mental and physical stimulation that helps to improve their well-being and quality of life while offering respite for caregivers.

Day Break Adult Day Services is a program that provides care and companionship in a homelike environment.

Typical diagnosis of our clients are:

- Alzheimer's Disease
- Parkinson's Disease
- Mental Illness
- Developmental Disability
- Traumatic Brain Injury
- Heart Disease
- Social Isolation
- Multiple Sclerosis
- Stroke
- Dementia

Day Break features:

- Large and small group activity rooms
- Accessible/assisted bathroom facilities with walk-in shower
- Therapies
- Dining area
- Activities
- Personal care
- Nursing
- Supervision
- Nutrition
- Transportation
- Exercise
- Feeding
- Foot care

Monday through Friday
6:45 a.m. to 6:00 p.m.

Staff Ratio: 6 to 1

NECC

The Adult Day Services Programs at Active Generations are proud to offer Mind Aerobics sessions to our Participants.

New England Cognitive Center (**NECC**) programs are designed to help people fight back against cognitive decline, especially targeting Alzheimer's disease and dementia. Empirical studies conducted by independent reserachers are shwong the great promise of the Mind Aerobics programs indicating improvements in areas including overall cognitive function, word retrieval and memory.

How the Programs Work

NECC's Mind Aerobics programs are unique in that they provide a full brain workout, focusing on the systematic stimulation of the six major cognitive domains. Each session is built in a progressive order targeting the six major cognitive domains - beginning with the more basic brain functions and building toward complex executive skills including; Reaction Time, Visual Spatial, Concentration, Memory, Language, and Problem Solving.

Committed to Excellence in Care

Our Adult Day Services Staff receive training in Person-Centered Care and are certified through the National Alzheimer's Association in essentiALZ®.

essentiALZ® is an online individual certification program that provides recognition for knowledge of quality dementia care practices.

Ceili Cottage

CEILI COTTAGE ADULT DAY SERVICES is a program designed to meet the needs of individuals living with Alzheimer's disease or other types of dementia and who are unable to stay home alone during the day.

The Ceili Cottage program is able to provide **Person-Centered Care** that supports the individuals' interests and abilities. Each program is thoughtfully developed to encourage meaningful engagement, interaction, purpose and creativity.

This unique adult day health program is offered in a home in a central Sioux Falls neighborhood.

Monday through Friday
8:00 a.m. to 5:00 p.m.

Staff Ratio: 4 to 1

How to Get Started

Call to schedule a tour between 8:00-4:30, Monday through Friday or contact Active Generations Adult Day Services for a free consultation. Learn how Adult Day Services can improve and enhance the quality of life for adults in our community. To schedule an assessment and participate in a free trial day, please call 605-336-6751.

