

## 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
- Memory enhancement activities
- 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

Because we are committed to providing quality dementia care, our Day Services staff are certified in the National Alzheimer's Association essentiALZ training.

## Support for You



- Family respite
- On-site information and referral service
- Liaison with participant's personal physician and home situation
- Caregiver support group
- Caregiver education
- Case management

### How to enroll?

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.

2300 W. 46th Street, Sioux Falls, SD 57105  
(Conveniently located behind the Western Mall)

[www.activegen.org](http://www.activegen.org)



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

## 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.

**Mind Aerobics** Cognitive Fitness Program now offered at Ceili Cottage

- Ceili Cottage participants are now offered the research-based cognitive training program, Ready Mind™. The Ready Mind™ program was developed at the New England Cognitive Center (NECC).
- NECC programs are designed to provide older adults with comprehensive mental workouts that maintain or improve cognitive functioning.
- **Mind Aerobics** programs are developed to systematically stimulate six major cognitive domains of the brain, instead of focusing on only one or two cognitive skill areas like other programs.
- Most of their work focuses on individuals with Alzheimer's disease and dementia.
- NECC continues to develop innovative cognitive interventions which help restore hope by allowing persons with dementia to FIGHT BACK.

Monday through Friday  
7:00 a.m. to 4:30 p.m.

Extended hours by appointment

Staff Ratio: 4 to 1

## 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 and case management
- Courtyard
- Dining area
- Activities
- Personal care
- Nursing
- Supervision
- Nutrition
- Transportation
- Exercise
- Feeding
- Foot and hair care

Monday through Friday  
6:45 a.m. to 5:45 p.m.

Extended hours by appointment

Staff Ratio: 6 to 1

## After Hours Club

**THE AFTER HOURS CLUB** is offered through grant funding by the State of South Dakota to provide more options to caregivers for respite care for their loved one.

The After Hours Club will provide person centered activities and exercise in a small group setting, a nutritious meal, supervision and socialization in a safe setting and opportunities for caregiver support.

Monday through Thursday

5:30 p.m. to 9:00 p.m.

Extended hours by appointment

[Reservations Required](#)

Staff Ratio: 6 to 1

