

What is the Adult Day Services program?

Adult Day Services is one of multiple programs operated by **Helping Hands Respite Care**. The program:

- Offers adults with mental, physical, or emotional challenges a safe and nurturing daytime environment filled with stimulating and fun activities.
- Provides caregivers a break from their caregiving duties so they can come back renewed and ready to resume caring for their loved one.

Begun in 1983, the program has given hundreds of caregivers a respite from the daily care of their loved ones, all the while enriching the lives of program members with activities and opportunities to interact with their peers.



“If it weren't for this program Mom would have to go into a nursing home. She gets to have interaction with her peers and that is great stimulation for her.”

Cheyene

Enroll Today

Apply

You can get an application by calling or emailing Helping Hands Respite Care.

Visit

Both prospective member and caregiver should visit the program.

Schedule

Schedule an intake interview with ADS staff. Both prospective member and caregiver should attend.

Find Us

Helping Hands Respite Care
201 Hillside Ct., East Lansing, MI 48823



(517) 372-6671, Ext. 107

www.helpinghandsrespite.com



Are you a caregiver who needs a break?

Taking care of an ailing spouse, adult child, or aging parent is truly a labor of love. But it can be overwhelming, lonely, and exhausting.

**Helping Hands
Adult Day Services
can help.**



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Did you know that caregivers:

- Are at higher risk for chronic or disabling conditions?
- Have higher incidences of depression and anxiety?
- Routinely report (6 out of every 10) having to make a workplace accommodation in order to provide care for a loved one?

You are not alone!

Helping Hands Adult Day Services (ADS) gives caregivers time to work, exercise, run errands, relax, spend time with family, and even take a nap.

Who can attend ADS?

ADS is for adults 18 and older who have disabilities that require daily supervision and assistance. Disabilities might include:

- stroke
- heart problems
- orthopedic problems
- vision/hearing loss
- early to middle stages of dementia (e.g., Alzheimer's disease)
- Parkinson's disease

Staff is prepared to assist members who need occasional or limited help with walking, eating, and use of the restroom. The program is not appropriate for individuals with persistent, uncontrolled incontinence; disruptive or violent behavior; or are unable to feed themselves.

“When Rob comes to the program, he can be socially active without feeling judged, especially about having to wear a helmet.”

Becky



Your loved one will benefit from the ADS program.

ADS members take part in a variety of fun and enriching activities to foster social interaction and other vital relationship skills. They socialize and interact with their peers, make new friends, and enjoy games, projects and programs in a safe and nurturing environment. They discuss the news, exercise, sing songs, do arts and crafts projects, and enjoy a hot nutritious lunch and afternoon refreshments.



The ADS program is professionally staffed so you can leave your loved one with confidence.

- ADS is staffed by a Program Supervisor, Registered Nurse, and other highly trained caregivers and volunteers.
- Medications are dispensed under the supervision of a registered nurse.
- ADS works to maintain a ratio of one staff to every three members. This gives you peace of mind knowing that your loved one is in good hands.

When is ADS open?

The program is open 5 days a week, Monday through Friday. Typically members attend between 9:00 a.m. and 4:30 p.m., but hours are flexible based on caregiver needs. A minimum of 5 hours is required on each day of attendance. Most people attend 1 to 3 days per week.

Sample ADS Schedule

8:30 a.m.	Breakfast Club
10:15 a.m.	Good Morning
11:00 a.m.	Exercise
11:35 a.m.	Small Group Activities
12:15 p.m.	Lunch
1:00 p.m.	Entertainment/Presentations
1:50 p.m.	Active Games
2:25 p.m.	Refreshments
2:30 p.m.	Sing-a-Long
3:15 p.m.	Activities/Games
4:30 p.m.	Program Ends



Paying for the ADS Program

There is a \$50 nonrefundable enrollment fee. The program fee is assessed on a sliding scale from \$13 to \$20 per hour, depending on the individual's care needs.

Financial assistance may be available for those who qualify.

Getting to ADS

CATA Spec-Tran, Ingham County Rural Service, and EATRAN are covered by the ADS daily fee. Helping Hands will cover half the cost of Clinton Transportation.



For more information on ADS, call us at (517) 372-6671, Ext. 107.