

Could you and Your Family Benefit from a Social Adult Day Program?

How much do you know about social adult day programs, a service that helps the whole family caring for an elderly person with chronic limitations? Broome County Office for Aging operates two such programs called **Yesteryears...A Day Program for Adults**. Frequent statements:

“He’d never attend the program He never joined anything when he was well.” Although people who attend senior centers and clubs may be more used to group activities, many participants who never socialized when younger, prove to be ‘late bloomers’ and really enjoy the program. They learn games and crafts and make new friends.

“She is not that bad”. Participants at **Yesteryears** are usually not eligible for a nursing home. They are living at home, alone or with family but need some extra supervision in order to keep active and mentally stimulated.

“He doesn’t need to go anywhere five days a week.” Most participants attend two or three days a week. The program is not intended to provide a full week schedule.

“She doesn’t have a memory problem. Why would she need to go?” **Yesteryears** is not just for seniors with memory loss or dementia. It is also designed to provide recreational activities for those seniors who have no memory loss, but are frail, have vision or hearing loss, emotional problems or a just isolated from their peers.

“My mother just moved in with us and feels insecure about trying to fit in with all those active people at the senior center.” **Yesteryears** looks like a small senior center providing quality to the life for the frail senior. Because of its small size and personal attention, it can be less threatening to a withdrawn person who is intimidated by large groups.

“He won’t let me out of his sight. How could I possibly get him to stay with people he doesn’t know?” Sometimes there is a period of adjustment when an elder has become very dependent on just one person for care and security. But in time, they can learn to trust and enjoy the company of others. Professional staff is trained to make the senior feel secure and comfortable.

“She sleeps all day in front of the television. She would probably sleep there, too.” Very often people are sleeping during the day because they can’t initiate activities on their own and can’t relate to or understand television program as they used to. These same people may remain awake and involved with a planned schedule of interesting rewarding activities.

“I would feel guilty about taking him there. I feel like I’m trying to ‘get rid’ of him.” You are providing him with a greater quality to his life by bringing him to a program where he/she can socialize and participate with others in a comfortable, safe environment. The care-receiver needs to get away from the regular routine, make new friends, learn new skills, and have an outside interest.

“The term adult day program may sound like an insult to the affected person that is why we have given it a name, Yesteryears. Social adult day programs are a term that describes the group that is served and the time of day of the programs, but it is an unfortunate misnomer. Adult day programs are not like child day care, they are geared to provide opportunities to adults with impairments to socialize and remain active with their peers. We prefer to call our program **“Yesteryears”**.

For more information about this valuable program, call our Program Coordinator at 778-2946.