

A Community Center for Seniors & Adults with Disabilities

with Alzheimer's, other forms of dementia, brain injury,
developmental disabilities, and other age-related conditions.



Helping Hands Respite Care - Valley Court Community Center
201 Hillside Court, East Lansing, MI 48823
517-372-6671 - HelpingHandsRespite.org

Your family's safety is of utmost importance to us. We have implemented new COVID-19 procedures including daily screening, social distancing, and enhanced cleaning and infection control.

Taking care of someone, especially an aging parent or ailing spouse, is truly a labor of love. Caring for a dependent adult can become overwhelming and caregivers may begin to feel exhausted. Helping Hands Respite Care is here to help!

Helping Hands Respite Care is a community center for adults with dementia, brain injury and other age-related conditions. Recent studies have linked exercise with cognitive health such as improved memory and slowed mental decline. Keeping your mind and body active can delay symptoms associated with dementia and help individuals maintain their independence.

Using a person-centered approach, we provide a safe, engaging, and therapeutic environment.

Our Registered Nurse and Certified Recreational Therapist plan a variety of fun and enriching activities to foster social interaction and actively engage community center members physically and cognitively, and provide attentive personal care and routine-health monitoring.



While your loved one is engaged in fun and therapeutic activities at our community center, you have time for errands, exercise, work, relaxation and even sleep. Our families have peace of mind knowing that their loved one is in good hands.

SAMPLE SCHEDULE

Breakfast Club and Conversation
Good Morning News and Trivia
Exercises
Small Group Activities
Lunch
After Lunch Program
Relaxation/Meditation
Active Games
Refreshments
Music
Activities/Variety Games



BENEFITS OF ADULT DAY SERVICES

- Ensures your loved one is receiving the quality care they deserve while you get a break to take care of yourself
- Provides opportunities to socialize
- Promotes independence
- Reduces caregiver stress
- Provides social, mental, and physical therapeutic recreation for your loved one
- Monitors health & well-being

HELPING HANDS HAS TWO PRIMARY GOALS

- To maintain and/or enhance the physical, social, emotional and cognitive levels of our members.
- To provide respite for caregivers and their families.

HELPING HANDS OFFERS

- Registered nurse on staff to help monitor your health.
- Recreational Therapist/Brain Injury Specialist plans and runs all activities.
- Social and educational opportunities for family caregivers.
- Assistance in arranging transportation from your home to the front door of the Community Center.
- Nutritious, well balanced lunch and snacks/beverages.
- A variety of games are offered including dice, cards, board, and active and physical games.
- Exercise program personalized to member needs.
- Socialization – meet and interact with others to develop friendships and build new relationships.
- Entertainment brought in weekly.
- Various arts and craft projects are offered weekly.
- Holiday parties and events.
- Baking, cooking, and sewing activities.

FREQUENTLY ASKED QUESTIONS

WHAT IS ADULT DAY SERVICES?

Adult day service programs are community based and designed to meet the needs of functionally impaired adults through individualized plans of care. They are usually structured, comprehensive programs that provide a variety of health, social and related services in a protective setting during daytime hours. They do not offer 24-hour care.

WHAT ARE ADULT DAY SERVICES MAJOR GOALS?

The program has two primary goals directed toward enrichment of the lives of Members and their families:

- 1) to enhance and/or maintain the functioning level (physical, social, emotional and cognitive) of Members on an individual basis in accordance with the orders from their attending physician and
- 2) to provide respite for family/caregivers.

WHAT SPECIFIC ACTIVITIES TAKE PLACE?

Socialization and interaction with peers, along with mental and physical stimulation, are achieved through such activities as discussions, exercises, arts and crafts, active games, board games, dice and card games, sing-a-longs and music therapy. A hot, nutritious lunch and afternoon refreshment is provided. Opportunities for education and connection are available to family members and caregivers.

WHERE IS THE ADULT DAY SERVICES LOCATED?

The Helping Hands Respite Care office and the Adult Day Service program are located at 201 Hillside Ct. in the Valley Court Community Center in East Lansing. It is the single story brick building with the red door.

HOW IS ADULT DAY SERVICES STAFFED?

Our professional staff consists of a Program Supervisor who is a Certified Dementia Care Specialist, a Registered Nurse, a Certified Recreational Therapist, and other trained care professionals, as well as a corps of volunteers, MSU nursing (and other related disciplines interns). With the support of volunteers, the staff/participant ratio is generally 1:5.

WHO ATTENDS ADULT DAY SERVICES?

The Adult Day Services program is for individuals 18 years of age and older who have physical, mental, emotional or social limitations and who require assistance and supervision in daily living. Disabilities might include such conditions as strokes, heart problems, orthopedic problems, vision and hearing losses, various forms of dementia, including Alzheimer's disease, Parkinson's Disease and others. Mobility may range from unassisted walking to requiring use of a wheelchair. Our staff is prepared to assist individuals who need help in the bathroom. All medication, including over-the-counter drugs, must be medically prescribed and administered by the nurse.

WHEN IS ADULT DAY SERVICES OPEN?

The program is open five days a week Monday through Friday. Typically participants attend between the hours of 8:30 am to 4:30 pm, but hours are flexible based upon the family's needs. Each day has its own roster of activity and participants attend the same day(s) and times each week. A minimum of four hours at a time is required each day of attendance.

WHAT IF WE WANT TO CHANGE THE DAYS OF ATTENDANCE?

We know the importance of regular and consistent attendance at the community center in order for your loved one to see maximum benefits. We allow for maximum flexibility in your schedule. If you have a planned (24 hour notice) time where you will not be attending, we can re-schedule those days for you. If you have an unplanned absence, we will work with you to reschedule the missed day. Families are charged for *scheduled* days thus we encourage you to reschedule the day missed.

WHAT IS THE COST INVOLVED TO ATTEND THE HELPING HANDS COMMUNITY CENTER?

Helping Hands charges each participant according to their level of care. An assessment is completed during enrollment to determine what level of care a participant may be, ranging from Level 1 (least amount of additional care) to Level 4 (highest level of additional care).

- Care begins at \$13 per hour based on the assessment of your loved ones needs.
- Transportation Services: \$5.00 per day if arranged through CATA Spec-Tran, Eatran, or Clinton Transit.
- Lunch and snacks are included in the costs above.
- There is a 15-minute window for early drop off or late pick up. Beyond that time, there is a \$25 charge to ensure we have adequate staffing available.

IS THERE FINANCIAL ASSISTANCE?

Financial assistance is available for those who qualify through a variety of programs and scholarships. Helping Hands can assist you in determining if you might be eligible. Residents of Ingham, Clinton, or Eaton counties of low or moderate income who are being cared for by an unpaid caregiver may apply for Respite funds. These funds allow use of a sliding scale, based on income. Funds are made available through Tri-County Office on Aging through Project Choices or a TCOA Scholarship and the Veteran's Administration. All information is kept confidential.

IS THERE TRANSPORTATION AVAILABLE?

Many of our members are dropped off by family members or use public transportation options. Helping Hands Respite Care works closely with area public transportation companies and services to facilitate use by Members:

- **CATA Spec-Tran** is available for those living in the greater Lansing-East Lansing area. This is a curb-to-curb service and includes Haslett, Okemos and Holt.
- **EATRAN** will bring Eaton County participants to our facility for adult day care services.
- **Clinton Transportation** will bring Clinton County participants to Adult Day Services. Helping Hands Respite Care will pay for half the cost with the balance billed to families.

WHAT IS THE PROCEDURE FOR ENROLLMENT?

- Completion of our enrollment application. There is a \$50 enrollment fee.
- A scheduled **enrollment/intake** with the prospective Member, caregiver and our interdisciplinary team.
- Get TB test by the first day.

IS THE ADULT DAY SERVICES PROGRAM CERTIFIED?

There are currently no state regulations covering adult day care service. Helping Hands Respite Care's Adult Day Services program is in good standing with the National Adult Day Service Association and the Michigan Adult Day Services Association (MADSA) and Helping Hands continues to maintain the highest standards. We are audited annually by the Tri-County Offices of Aging, the Veterans Administration, and Clinton-Eaton-Ingham Community Mental Health.

WHAT IF I HAVE OTHER QUESTIONS?

The office phone number is (517) 243-0043 to speak to our Program Manager, Alison Sarkozy. Office hours are 9 a.m. to 4 p.m.

**WE LOOK FORWARD TO HEARING FROM YOU SOON
TO GET STARTED!**