

SUPPORTIVE DAY PROGRAM

Our program is non-medical and provides a safe and stimulating experience for our members and creates a beneficial environment which promotes understanding as well as physical, mental, and emotional well being.

Our program is open to older residents of Bellingham and the surrounding communities.

Clients must be able to take care of their own personal needs and administer their own medication when needed.

Clients must be non-drivers, non-violent, non wandering, and able to appropriately interact with others.



TOWN OF BELLINGHAM 02019

SPONSORED BY
BELLINGHAM COUNCIL ON AGING
40 BLACKSTONE ST., BELLINGHAM



SUPPORTIVE DAY PROGRAM



A place to make friends, learn from each other, share life experiences, enhance health through nutritious meals, daily exercise and other activities.

Phone: 508-966-0398
Fax: 508-966-5843

Web: www.Bellinghamma.org

Email: Idemattia@bellinghamma.org



- Are you concerned for the wellbeing of your loved one?
- Are you providing care for, or worrying about, an elderly friend or family member? If so, would a rest from full time care giving help you be an even better caregiver?
- Are you worried about the isolation or inactivity of a friend or family member?
- Are you at work trying to concentrate, but can only think about one thing- is my loved one safe at home?
- If you said yes to any of these questions, the senior supportive day program can offer a program that will help you both be at your best.

RESPITE CARE

The program provides short-term full day relief for families caring for loved ones in their homes. It is designed to alleviate the stress and provide support for the caregiver families.

ACTIVITIES OF SUPPORTIVE DAY

Light Exercise—Discussion Groups
Health Screenings—Games

Parties—Movies—Outings—Crafts

Intergenerational Programs

Music Appreciation

Some activities are geared especially for Supportive Day Program members while others are done in conjunction with activities at the Senior Center.

TRANSPORTATION

Transportation will be provided by the Bellingham COA van for Bellingham residents and on a case by case basis for our out of town members. There is a charge of \$10 per day for riders from other towns. For Bellingham residents there is no fee.

MEALS

A nutritious light breakfast, and a lunch-meal consisting of at least 1/3 of the daily nutritional requirements is provided. Clients will be evaluated for special diets and will receive meals meeting these requirements. Nutritious afternoon snacks are included at no additional charge.

COST

The daily cost is \$35.00. Income eligible clients may be able to attend our program with some assistance from Tri-Valley Elder Services, Inc. (TVES)

HOW TO APPLY

Our Director or Supportive Day Program Manager will be happy to arrange a visit by appointment with a prospective client and/or family member.

DAYS AND TIMES

The program is open from 9:00 a.m. to 3:00 p.m. Monday through Friday.



