

JFS Resources for Seniors

Binah- Adult Day Program for Jewish Seniors

Due to COVID our Adult Day Program (ADP) is currently being offered through Zoom only. This program meets every Wednesday and is for Jewish seniors who are experiencing cognitive impairment. The benefit of the program is regular connection to social support while providing directed activities that support cognitive wellbeing. As well, the program provides much needed respite for caregivers while their family member is attending the program. Clients and caregivers are provided access to a social worker if more service needs are identified or if they require/request support navigating the health care system. Caregivers are offered a free consultation with our Certified Dementia Specialist through our Care for the Caregiver program. To access this program, an intake with a social worker and the ADP program coordinator is required.
Cost: \$75/month

WHAT AN ADP DAY LOOKS LIKE

Sessions are offered at one of two times each Wednesday
10:00 am - 12:30 pm **or** 1:30-3:00 pm

DAY AGENDA:

- 9:50-10:00: Login support
- 10:00-10:15: Morning schmooze and general discussion
- 10:30-11:00: Current events
- 11:00-11:30: Break out rooms for 1:1 cognitive stimulation activities
- 11:30-12:00: Reminiscing therapy activities
- 12:00-12:30: Themed based activities including:
 - o Trivia Quiz, crossword puzzle
 - o Pictorial & Video Material
 - o Yiddish language and music
 - o Music

CONTACT INFORMATION:

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