

Adult Day Medical Model Health Care

Since 1983, Sinai's Adult Day Health Care Center, has been providing a safe, welcoming place for frail adults to be with friends and to participate in stimulating activities. Our program enriches the lives of all who attend by easing loneliness and providing an opportunity for socialization in a supervised environment.

Alzheimer's Adult Day Health Care Center

In 1995, Sinai opened an additional program to meet the specific needs of participants with Alzheimer's disease and dementia. The Sinai Alzheimer's Adult Day Health Care Center provides a structured program designed to promote the maximum functional capacity of people with Alzheimer's disease. Our staff - all certified in the care of individuals with Alzheimer's disease - provides a continuum of comprehensive medical, psychosocial, nutritional and leisure programs that promote self-esteem and dignity. Through achievable activities relating to our participants' past experiences, this therapeutic environment promotes a feeling of well being that carries through to time spent at home.

Parkinson's Adult Day Health Care Program

In 2005, Sinai introduced a unique day program providing holistic support to enhance the quality of life for people with Parkinson's disease. Participants achieve maximum potential by the coordination of ancillary services and the development of individualized therapeutic programs.

New England Sinai Hospital RECOGNITION AND ACCREDITATION

- Joint Commission on Accreditation of Health Care Organizations (JCAHO)
- Rehabilitation Accreditation Commission (CARF)
 - Comprehensive Integrated Inpatient Rehabilitation Programs
 - Outpatient Medical Rehabilitation Programs
- College of American Pathologists (CAP)
- American Diabetes Association (ADA)
 - Quality Patient Education Recognition
 - Provider Recognition

In accordance with Federal law and U.S. Dept. of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.



Sinai Adult Day Health Programs
at the Striar Jewish Community Center
445 Central Street, Stoughton, MA 02072
781-297-1369

Sinai Alzheimer's Center
143 York Street, Stoughton MA 02072
781-344-7661

Adult Day Health Care Programs



When caregiving becomes overwhelming, partner with.....

Sinai Adult Day Health Care Programs

Adult Day Health Care at Sinai provides safe, supervised day programs for adults unable to stay home alone. Our programs offer nursing supervision, recreational activities and social interaction. Our Alzheimer's Day Center provides a separate, specialized program designed to meet the needs of individuals with Alzheimer's disease or related dementia. Our Parkinson's program is designed to meet the needs of people with Parkinson's disease and their families.

For participants, the programs are the key to remaining in the community and preventing the need for hospitalization or nursing home care. To caregivers, they offer support, respite and peace of mind.

The strong medical component of Sinai's Adult Day Health Care programs includes nursing supervision, physical, occupational and speech therapies, and nutritional intervention. Nurse care managers provide networking with other health care and social agencies on behalf of clients. Sinai's team of professionals works in partnership with each participant's primary care physician to develop individualized health care plans.



Program Services Overview

The staff develops an individualized health-care plan for each participant based on physicians orders, as well as rehabilitation and nursing assessment.

- Skilled nursing: assessment, treatment, monitoring of participant's condition, basic nursing care, and supervision and administration of medication
- Two nutritious meals and a snack prepared by the hospital's dietary staff
- Social and recreational activities based on life skills. All programming is focused on achievable tasks that promote self-esteem.
- Ongoing communication with the participant's personal physician

- Rehabilitation services such as physical, occupational, speech therapy, and personal nutritional assessment.
- Education to assist the family with their role in the participant's treatment plan
- Counseling, caregiver support groups, and social services for family
- Referral services to community-based health and social agencies

LOCATION

The Medical Model Adult Day Health Care and Parkinson's Disease Programs are located at the Striar Jewish Community Center, 445 Central Street, Stoughton, MA. The Alzheimer's Adult Day Health Care Program is located across the street from New England Sinai Hospital at 143 York Street, Stoughton, MA.

ELIGIBILITY

Each applicant is evaluated by the program staff on an individual basis. To be eligible for the program participants must:

- Be 18 years of age or older
- Need day health services a minimum of two days a week
- Have a personal physician or primary health care provider in the community
- Have a place to return to at night, and a family member or friend to provide appropriate care

To learn more or to schedule a visit for Sinai's Medical Model Adult Day Health and Parkinson's Disease Programs or the Alzheimer's Adult Day Health Care Center, call:

**Admissions Coordinator
781-297-1375**

HOURS

The program is open Monday through Friday from 8:00 am to 4:00 pm.

TRANSPORTATION

Help is provided in arranging appropriate transportation for participants.

- Family or friends
- Community-based services
- Contract transportation service

PROGRAM COSTS

Full coverage may be available through MassHealth, selected home care agencies, and the Veteran's Administration for participants who meet their qualifications. Some long-term care insurance policies cover the cost for Adult Day Health Care. The programs offer financial assistance for participants who meet specific criteria. Scholarships are available through the Rotary Community Corps of Adult Day Health Program, Inc. (RCCADHP) and the Sinai Alzheimer's Scholarship program.

For more information, call **781-297-1375**.

