

# ST. JOHN'S COMMUNITY CARE

Caring compassionately for aging and disabled people since 1985

## Adult Day Services Fact Sheet

[www.stjohnscc.org](http://www.stjohnscc.org)

[adultday@stjohnscc.org](mailto:adultday@stjohnscc.org)

### Adult Day Services Offers:

- ♥ Opportunities to socialize in a safe, supportive setting.
- ♥ A variety of activities designed for person with dementia, memory loss, Alzheimer's and physical challenges.
- ♥ Personalized attention by caring, committed, trained staff.
- ♥ Peace of mind for caregivers.
- ♥ Assistance with all daily living needs: toileting, walking, transfers and eating.
- ♥ A nutritious meal and snack are served daily.
- ♥ Individualized care plans and assessments are tracked monthly to ensure continuous optimal care is maintained.
- ♥ Medication monitoring supervised by Nursing staff.
- ♥ IN2L Adaptive Computer System, specially designed for use by persons with dementia or disabilities.

### Hours of Operation:

6:30 a.m. - 6:00 p.m.

Monday thru Friday

### Cost:

\$13.50 an hour with a 4 hour minimum

### Transportation:

Arrangements through Collinsville Senior Shuttle and Madison County Transit

### Payment Sources:

Veteran's Administration, IL Department on Aging Community Care Program, IL Department of Rehabilitation Services, IL Managed Care Organizations, and Private Pay.



# CAREGIVER RESOURCES

Men and women serve as family caregivers to loved ones struggling with dementia or Alzheimer's. It can be rewarding, but it can also be challenging. Stress from caregiving is common. A caregiver is at risk for the harmful health effects of caregiver stress that include depression or anxiety. St. John's Community Care can support caregivers on their journey, a journey no one should take alone.

**On Line (ZOOM) Stress Busting Program** - A caregiver who is suffering from the added stress will not be at their best to care for themselves or their loved one. Anyone from anywhere is welcome to join the sessions. There are 9 weekly session meetings in this program and there is no charge to participate.

**On Line (ZOOM) Family Caregivers Support Group and On Line Alzheimer's Support Group** - Group sessions are held monthly. Meetings last approximately an hour and there is no charge to participate.

**On Line (ZOOM) Memory Cafe Groups** - This is a fun and relaxed social gathering on line via ZOOM. It's easy to connect with those who are experiencing the same situations and everyone is accepting and understanding. A dementia care specialist facilitates and plans fun activities and lively conversation. Meet new friends and break the isolation. We are here for you!

## **In Person Classes offered at St. John's Community Care, 222 Goethe Avenue, Collinsville, IL**

**In Person Savvy Caregiver** - Taking care of a loved one with dementia or Alzheimer's is not easy. Let us help and teach you ways to make your days together more meaningful for you both. These are 2-hour sessions, held for 6 weeks. Participants will learn coping skills, strategies, and techniques that will give you added knowledge and confidence as a caregiver.

**In Person BRAIN WAVE** - Early Memory Loss Program - If you or your loved one has been recently diagnosed with early memory loss, this program provides a safe, positive environment to share and socialize. Group is facilitated by a dementia care expert. The group meets twice weekly for 10 weeks and works together to learn ways to decrease anxiety and live life to the best of their ability.

If you care for a loved one with dementia or Alzheimer's, these programs are designed to help you.  
We will teach you ways to make your days less stressful and more joyful!  
For information or to register for any of these programs, please call 618-344-5008.

**Check the website for additional information or session schedules at**

**[www.stjohnscc.org](http://www.stjohnscc.org)**

*Many of our families who have participated in the programs find relief. They have commented that they have more confidence in their role and gained valuable knowledge and coping skills to handle difficult days.*