

# George G. Glenner Alzheimer's Family Centers, Inc.



- **Day Care Centers.**
  - Hillcrest
  - Southbay
  - Encinitas
- **Provides free training for family members**
- **Support Groups**
- **1-888-744-4494**

# Adult Day Care & Why it Works



**STRUCTURE**  
**VARIETY**  
**REASSURANCE**  
**SUCCESS**  
**PRAISE**  
**RESPITE**  
**SUPPORT**

# Non-Pharmacological Intervention



**LIFE ENRICHING  
WELL-BEING**

# Day Care Model



- **Structure**
  - Decreases anxiety
  - Builds self esteem
  - Encouragement
  - Accomplishment

# Failure Free Activities



- Exercise
- Singing, all music, dancing
- Word games
- “Work”, folding, washing dusting sweeping
- Reminiscence-guided
- Validation- responding to the feeling
- Visits-pets, children, parks, ocean, neighbor

# The Caregiver's Guide



- Accept persons' frame of reference
- “Mary Poppins” & Spoon full of Sugar
- Positive attitude 100% of the time
- Triggers
- Use multiple communication styles
- Routine