



An Adult Respite Program presented by Barrington Area Council on Aging

Why: Caring for an older family member can be a demanding and stressful job. Caregivers often find themselves unable to take a break to run errands, get work done, or simply recharge.

A respite day program can help with some of these challenges. Not only does the caregiver get a break, but the person being cared for gets an opportunity to socialize and participate in outside activities tailored to their specific situation.

This program, hosted at Lutheran Church of the Atonement, has been well-received by the community and is getting positive reviews both from those attending, and their caregivers. The program began in April, 2014 offering one session per week; increased demand allowed the Council on Aging to add a second day in October, 2014. In October, 2015 a third day was added on a bi-monthly basis.

Unique in the Barrington area, the program is designed for persons who have mild cognitive or physical impairments, and provides social, intellectual, and emotional support and stimulation—*as well as a respite for their primary caregivers and family members.*

What: Activities include reminiscence activities, board/table games, crafts, physical activity, discussion of current events, and musical programs. The coordinators regularly schedule special guests, including therapy dogs, hands-on presentations on nature and wildlife, and live performances. The focus is on mental stimulation and engagement for all participants, according to their own comfort level. A support group for the caregivers is also available twice a month at no additional charge.

Who: People who have early-stage memory loss, or people who have no memory loss, but have other health issues, and are in need of socialization. *This is a social program, rather than a medical focus-- all participants are required to be able to toilet, eat, and take medications independently.* All participants are screened carefully to determine appropriateness for the program.

When & Where: Mondays and Thursdays each week, Fridays twice a month, from 10 a.m.-2:30 p.m. at Church of the Atonement

Staffing: A BACOA staff member, who is a licensed professional counselor, directs the program, assisted by other trained and certified staff members, and specially screened and trained volunteers.

Costs: \$35/day and participants bring their own 'brown bag' lunch.

**For more info or to discuss if this program might fit your situation, call
Bonnie Scherkenbach at the Council on Aging, 847-381-5030.**