



# why use adult day services? BENEFITS OF INSIGHT

## PROMOTE QUALITY OF LIFE

We believe that everyone should be provided with the best quality of life possible. Through all of our programming, Insight works hard to enhance the lives of thousands of individuals and families living with dementia each year.

### STUDIES SHOW THAT ADULT DAY SERVICES:

#### Increase

- Cognitive Function <sup>1,3,4</sup>
- Ambulation, Strength and Flexibility <sup>1</sup>
- Overall Functioning <sup>1</sup>
- Pleasure and Interest <sup>2,6</sup>
- Quality of Life <sup>3,4</sup>
- Time at home in the community <sup>5</sup>

#### Decrease

- Agitation <sup>1,2</sup>
- Depression <sup>1,3,4</sup>
- Psychoactive medication use <sup>1</sup>
- Falls <sup>1</sup>
- Need for nursing home care <sup>5</sup>

### Day Centers help caregivers too!

Not only do adult day services provide respite care in a safe environment so that caregivers can work or do other needed activities, but the Penn State University DaSH Study found that by using adult day health services **caregivers stress was reduced and their health improved.** <sup>7</sup>

### Families Remain at Home

Many dementia patients move into assisted living prematurely due to lack of care options. Insight's Day Center allows your loved one to continue living in their own environment and stay a part of their community, while receiving the services and support they need.

## PROVIDE HOLISTIC CARE

We strive to serve the whole family. A day nurse can provide services, but there is a lack of group socialization. A family member can become a full-time caregiver, but that increases the family member's stress and risk for illness. Our memory care programs provide a range of services that a single caregiver cannot provide alone.

### PERSON CENTERED PROGRAMS:

We prioritize providing person-centered care. From initial Participant Lifestyle Biographies to updated quarterly care plans, we use each participant's likes, dislikes, strengths, and interests to plan programming that best fit their current needs. We work with our participants and families as equal partners in developing this care.

#### Best Friends Approach

For those in the early to moderate stages, Insight utilizes elements of The Best Friends Approach, which suggests that what a person with dementia needs most of all is a friend, a "Best Friend." This can be a family member, friend, or staff member who empathizes with their situation, remains loving and positive, and is dedicated to helping the person feel safe, secure and valued. An Administration on Aging-funded study found that introduction of this model of care for individuals with dementia not only was valuable but also delayed long-term residential placements. <sup>8</sup>

#### Nameste Care

Insight uses principles of Nameste Care for those in the late stages of dementia and other participants who may not benefit from traditional activities. Nameste care emphasizes a calm, comfortable, small group environment and promotes the benefits of loving touch in hand massage, personal care, and sensory activities. This environment has been shown to decrease agitation,<sup>9</sup> reduce apathy and improve appetite and hydration,<sup>10,11</sup> and increase engagement and communication. <sup>12</sup>

### Much Needed Education & Support

At Insight, our mission is not only to provide care for the individual with Alzheimer's or dementia, but also provide care, education and support for their families, caregivers, and the community. We try to provide these services as cost effectively as possible. Many of our services are free, including training, support, and resource referral.

The American Geriatrics Society has found that **"caregivers who take advantage of programs such as support groups, adult day care, and respite care keep their Alzheimer's patients at home longer than those who do not. They also tend to feel healthier and find caregiving more rewarding than those who do not use support services."**





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## ENGAGEMENT & SOCIALIZATION

Day care in the home has many advantages, but it lacks a vital part of healthy living: socialization. Studies have shown that socialization reduces aggressive and verbal agitation, while increasing feelings of inclusiveness and support. Insight helps prevent social isolation for both the participant and caregiver.

### *Cognitive Programs*

Learning Circles, Brain Fitness Group, and Montessori Activities

### *Expressive Programs*

Art Therapy, Creative Arts, Creative Writing, and Support Groups

### *Physical Programs*

Daily Exercise, Dance, Walking Club, Active Games, and Physical Therapy

### *Social Programs*

Discussion Groups, Pet Therapy, Memory Teas, Entertainers, and Field Trips

### *Sensory Programs*

Music Therapy, Multi-Sensory Environment, and Massage Therapy

### *Spiritual Programs*

Meditation, Intergenerational Activities, and Life Skills Programming

## REFERENCES

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### *Music & Memory*

The Music & Memory program is a personalized music system that provides participants an individualized playlist. A favorite song can help calm someone who is agitated or anxious or help reawaken our participants in the later stages of the disease. Grounded in extensive neuroscience research, the program has been proven in more than 60 long term care facilities. The program has shown increases in cooperation and attention, reduced resistance to care, reduced agitation and sundowning, and enhanced engagement and socialization.

### *Multi-Sensory Environment*

A multi-sensory environment is a safe, non-threatening space to promote intellectual activity, heighten awareness and brain arousal, and encourage relaxation. The room is designed to stimulate the sensory pathways of touch, taste, sight, sound, smell, and movement. The space either produces a calming effect on individuals prone to agitation or frustration, or stimulates passive individuals who appear withdrawn.

