Adult Day Services

Easterseals NH

Providing senior care for 45 years

603.621.3550

We are a participant in the CACFP program. This institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination write USDA, Dir., Office of Civil Rights, Rm 326W, Whitten Building, 1400 Independence Ave., Washington, DC 20250-9410 or call 202.720.5964

Adult Day is a Preferred Platform for Chronic Disease Management

Over 75% of our participants have a chronic disease. Our statistics show individuals enrolled in our Adult Day Programs experience less emergency room visits; less hospitalizations; decreased falls, increased nutritional intake and better quality of life. Daily, we manage such diagnoses as . . .

DIABETES, CARDIOVASCULAR DISEASE, LUNG DISEASE, HYPERTENSION, STROKE, ALZHEIMER’S and RELATED DEMENTIAS

Caring Companions
In home, non medical services before or after a day at our Adult Day Program and weekends.

Caregiver Support and Guidance
Daily, weekly and monthly options for support

Alzheimer’s and Related Dementia Care
Trained/certified staff and expert programs

ServiceLink of Hillsborough County
Co-located in our building providing information and referral regarding long term supports and services—serving all populations, all payers.

Adult Day Provides Comprehensive, Health Care Services

A full range of professionals with an average staffing ratio of 1:6, meets the physical, wellness and mental health needs of individuals and enables staff to care for increasingly complex needs.

- Nursing professionals
- Social work services
- Case management services

Learn More About Us

Other Senior Care Programs Offered at Easterseals NH

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easterseals.com/nh
“Caregiving can be stressful. Easterseals has taught me that the quality of care that I’m able to give depends in large part on how well I take care of myself too.” —Marilyn, daughter

Adult Day is an Essential Source of Support for Family Caregivers

- Reliable source of support and education
- Restore balance in times of crisis
- Enhance overall quality of life
- Caregiver may continue in the workforce
- Caregiver support and education
- Peace of mind

Easterseals Adult Day Believes in Person Centered Programming

Person Centered Programming is . . .

programming that incorporates an individual’s specific interests, preferences, abilities, lifestyle, habits, routines, spiritual needs, and cultural considerations while focusing on choice and independence.

Examples of Our Short Term & Long Term Person Centered Groups:

Photography, Therapeutic Drumming, Chorus: Opportunities for self-expression by individuals experiencing symptoms of aphasia, blindness, diminished verbal skills. Led by music teacher/amateur photographers.

Chair Chi: Tai chi in the safety of one’s chair. Enhances balance, flexibility, strength, energy, stress reduction, peace of mind. Led by a certified instructor.

Animal Assisted Therapy: Health benefits include reduction of depression, fading autonomy, sense of purpose and reminiscing. Led by certified assisted therapy personnel and visiting four legged friends.

Military Veterans’ Club: Veteran focused programming prompting peer support and camaraderie. Led by former military personnel.

Drawing and Painting groups: Experienced or new to this activity, participants engage in artwork under the tutelage of a gifted artist.

Re-Fresh Exercise Program: Nationally recognized exercise program fostering enhanced balance, strength, exercise, posture.

Brain Fitness Activities: Computerized comprehensive touch screen activities stimulating short/long term memory, language skills, visio spatial orientation, and critical thinking.

Intergenerational: Connections through the generations with our Child Development Center students.

Men’s Woodworking Club: Opportunities to participate in woodworking experiences from high to lower level cognitive abilities for men who have had previous woodworking experiences.

Baking, Crafts, Gardening: Experiences reminiscing about recipes, family, holiday cooking. Opportunities to create art with a variety of mediums. Past gardeners experiencing a shared love of digging in the dirt and reaping the rewards.