

## Our Research-Informed Program to Address Early Memory Loss

A new diagnosis of Alzheimer's Disease or dementia can bring about a host of questions and concerns. What will my future look like? For how long will I be a vital part of my family and community?

Currently, while there is no cure for most forms of dementia, research suggests that there are ways to potentially slow the progression of many of the symptoms associated with progressive dementia.



WISE & Healthy Aging's WISEMinds programming empowers individuals in the early stages of dementia to use the very latest research to impact cognitive ability, stress and depression. We provide a setting of support, joyful activity and community.

Our research-informed program meets two days each week. The enrichment programming, in a smaller group setting, promotes wellness and includes activities that stimulate mind, body and soul. We incorporate the latest best practice including use of the computer-based Dakim sessions (brain exercises) to augment our programming. Our program will not stop dementia-related decline or restore lost abilities. But we offer the best that research has to offer to maximize capabilities. For more information about our curriculum, call (310) 394-9871, ext. 482.

## Checklist for Adult Day Programs

**When you contact adult day centers, ask for a brochure, in addition to:**

- A monthly calendar of planned activities
- A monthly menu
- Application process and eligibility criteria
- Fee schedule
- Schedule a tour

**Don't forget to ask about:**

- Who is the owner or sponsoring organization?
- How many years of operation?
- Current license or certification?
- What is the security in the center?
- Is there a wandering protection system?
- Days and hours of operation?
- Ratio of staff to participants?
- Staff qualifications?
- Other language capabilities?
- Personal care services (bathing, shaving, etc.)?
- Dementia specialization?
- Short-term companion sitting service?
- Support group offerings?
- Veteran's benefit?



## About WISE & Healthy Aging

WISE & Healthy Aging, a social services organization, enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services. This nonprofit is the result of a November 2007 merger of WISE Senior Services and Center for Healthy Aging. Each organization served the community for more than three decades prior to the merger, earning national reputations for innovative and effective programs and services.

- Caregiver Support
- Club 1527
- In-Home Services/Care Management
- City and County of Los Angeles Long-Term Care Ombudsman Program
- Elder Abuse Prevention Program
- Benefits Enrollment Center
- Medicare Insurance, Legal and Financial Counseling
- Information & Referral Services
- Tax Preparation Service
- Training and Education Center
- Transportation and Mobility Program
- Mental Health Services and Peer Counseling
- WISE Diner
- WISE HomeCare
- Volunteer Opportunities

**WISE**  
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## WISE & Healthy Aging Adult Day Service Center and Caregiver Support

## WISE Adult Day Service Center

Adult day services can be the right choice for both a caregiver and loved one. Families report that many day care participants are more alert and social, have lower rates of depression and have improved physical ability and sleep patterns.

The WISE Adult Day Service Center provides supportive, enjoyable and stimulating activities. Trained and caring multilingual staff provide services tailored to the needs of each participant.

The WISE Adult Day Service Center is housed in a modern building full of light, space, and with accommodations tailored to the needs of older adults. The Center is open 10 hours each weekday. These extended hours allow caregivers the opportunity to work, tend to

other tasks or take a much needed break, knowing that their loved one is enjoying the day in a safe, comfortable environment.



**For more information, and to schedule a complimentary sample day, please call:**

**(310) 394-9871, ext. 482**



## We Are Here to Help

The WISE Adult Day Service Center is open 10 hours daily, Monday through Friday.

We specialize in caring for older adults who are physically frail (i.e., those using canes, walkers, wheelchairs, or are dependent on others for assistance). We also care for those with early, mild, moderate or advanced dementia, Alzheimer's, Parkinson's disease or the residual of stroke.

We offer a lower cost option to in-home, assisted living or private caregiver services. Adult day care can also be a veteran's benefit.

**The WISE Adult Day Service Center is the only state-designated "Alzheimer's Day Care Resource Center" on the Los Angeles Westside.**



## Somos Amigos

Our Spanish Language Program is designed to offer the same level of engagement, mental stimulation, exercise-strength training and recreation that our English program has been offering for the past three decades. Somos Amigos (*we are friends*) is a diverse group, embracing the cultures and celebrating the traditions of Mexico, Central and South America. We offer two days a week of Spanish language activities. Programming, which includes lunch, begins at 10 am and concludes at 3 pm. Extended day is available.

## For You, the Caregiver

- Support groups available to the community
- Community education seminars
- Respite from caregiving to support your physical and mental well-being
- Referrals to other relevant community services
- Private conferences with professional staff

We offer evidence-based training for caregivers. Using the nationally-recognized Schmieding method, our courses are designed specifically for home care, built around a tiered curriculum that is customized for family and direct-care (paid) providers. A number of our courses are offered in other languages.

— A PROGRAM OF WISE & HEALTHY AGING —  
**WISE CAREGIVER TRAINING ACADEMY**  
A NONPROFIT ORGANIZATION COMMITTED TO EXCELLENCE IN CAREGIVING

## The Right Choice for Your Loved One

### Daily Socializing with Peers

- Relieves isolation
- Develops relationships
- Reduces risk of depression

### Purposeful Recreation (Therapeutic Activities)

- Dancing and music therapy
- Intergenerational activities
- Age-appropriate games to boost memory
- Outdoor Activities
- Art classes

### Health Maintenance

- Exercise classes promote flexibility, increase circulation, improve appetite and promote sound sleeping
- Health discussions provide information, uncover health concerns, and encourage good health practices
- Nutritious lunch and snacks

### Personal Care

- Careful supervision to ensure safety
- Showers by request
- Assistance with feeding and toileting, when needed

### Monitoring Changes in Condition

- Prevention focus, including nutrition, safety awareness and health monitoring

