



# Helen's House

## A day program for your family member with memory loss

A safe, caring place where your loved ones can:

- Have a purpose
- Make friends
- Participate in recreational, physical and community activities
- Have a renewed interest in life and others
- Be involved in a stimulating program designed to meet individual needs

### Information

Monday, Wednesday, Friday, 9 a.m. to 3 p.m.

*Schedule may change as need increases.*

- Daily planned activity periods including exercise, active games, crafts, music, discussion groups and community trips
- Brown bag lunch or nutritious meal
- Medication reminders
- Family counseling
- Registered nurse on staff
- Respectful, dignified personal care

**For more information on Helen's House or caregiver opportunities, call Anita at (901) 476-3333.**

### Why a day program may be important

- To provide a safe, caring place for someone with memory loss or dementia who should not be home alone
- To provide "peace of mind" and a break for the caregiver
- To provide a familiar environment as your family member becomes more impaired

### How do we get started?

- Take a tour of Helen's House
- Ask for an admission's packet
- Send in the completed admission's packet
- Meet with a staff member for a family conference and visit
- Get ready to have your life changed!

### Costs for Services

- Private pay \$30 per day (9a.m. to 3 p.m.)
- Early drop-off and/or late pick-up hours available by appointment at a cost of \$5 per additional hour
- Medicaid funding or scholarships may be available for eligible applicants.

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## TCCA Caregiver Opportunities

Caregiver Wellness Group meetings are open to all Tri-county caregivers. Transportation is available to attendees, and meal contributions are appreciated.

For ALL meetings—

**"What is said here, stays here."**

### "...For Men Only"

#### Caregiver Wellness Group

- Second Monday, 5:30 to 7 p.m.
- Meal and meeting, TCCA meeting room
- Facilitator, Russell Lindsey

#### South Tipton Caregiver Wellness Group

- First Tuesday, 5:30 to 7 p.m.
- Meal and meeting, Munford Presbyterian Church Family Life Center
- Facilitator, Neil Bell

#### Lunch Bunch Caregiver Wellness Group

- Third Tuesday, 12:30 to 2 p.m.
- Meal and meeting, TCCA meeting room
- Facilitator, Darlene Hopper Spaulding

#### Relatives as Parents Program (RAPP)

*Wellness group meeting for grandparents and other relatives active in the lives of children*

- Second Thursday, 5:30 p.m.
- Meal and meeting, TCCA meeting room
- Facilitator, Kathy Strahan

## *How do I know Helen's House Works?*

### **Caregiver Survey Comments:**

“My mother enjoys Helen's House. I feel she is in good hands there, and I trust them completely. The 3 days a week that she goes, I am free to go anywhere, and I know that my mother will be safe and tended to... This is the best value for the money that we can do.”

“Keep up the good work.  
Thanks for all you do.”

“It gives me a peace of mind knowing she's doing something besides looking out the window. I also appreciate the fact that they watch her health and keep me posted on any concerns.”

“(They) work hard to find variety that catches their interest ... She does a lot with music, which mom loves...I just can't provide that kind of stimulation.”

### *Mission:*

*The mission of the Tipton County Commission on Aging is to promote independence, wellness and advocacy for seniors, caregivers and their families.*

### **Tipton County Commission on Aging (TCCA)**

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*Offering a safe, caring place  
for someone with  
memory loss*

**Independence \* Wellness \* Advocacy**

# Helen's House

## An Adult Day Care Service



**A safe, caring and  
stimulating environment**

**A licensed, social model adult  
day/respite service offered through  
the Tipton County  
Commission on Aging  
(901) 476-3333  
[www.tiptonaging.org](http://www.tiptonaging.org)**