

## Long Term Care: Day Programs

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Day programs provide persons with brain injuries the opportunity to socialize, while receiving services that increase their quality of life.

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### **Blessed Assurance Adult Day Care**

13001 Idlewood Road  
Matthews, NC 28105

**(704) 845-1359**

[www.blessedadultcare.org](http://www.blessedadultcare.org)

### **CarePartners Health Services**

68 Sweeten Creek Road  
Asheville, NC 28803

**(828) 274-2400**

Fax: (828) 277-5869

[www.carepartners.org](http://www.carepartners.org)

CarePartners Health Services offers a full continuum of health services for adults and children beginning at age 14 with brain injuries. Services include adult day services, inpatient and outpatient rehabilitation, home health, at home personal care and private duty, hospice care, adult day care, vocational rehabilitation services, and private adolescent and geriatric case management services. The Brain Injury Association of North Carolina's Western Regional Office- Family and Community Support Center is housed in the Outpatient Facility. The Neuroscience Program includes comprehensive care and education for the brain injured population and their families.

### **Club Rec**

Asheville Recreation Center  
970 Haywood Rd.  
Asheville, NC 28806

Lauren Weinstein or Randy Shaw **(828) 251-4031**

Adults, ages 18 and over, with mild to moderate cognitive or developmental disabilities who meet the eligibility requirements, This is a day recreation program for individuals with a disability or physical limitation. Club Rec focuses on enhancing the quality of life for individuals who would benefit from supervised social, recreational, or wellness programs. We offer structured programs, planned and implemented by Certified Therapeutic Recreation Specialists, to help individuals reintegrate into a community setting, while promoting healthy living.

### **GCF Nature Center Program**

GCF Community Foundation  
4808 Chin Page Road  
Durham, NC 27703

**(919) 281-9129**

The Nature Center Program works with adults with disabilities. Participants enjoy the Nature Center several hours a day, several days each week. The program is structured around the seasons of the year.

**Club REACH**  
WakeMed Health Park  
3000 New Bern Avenue  
Raleigh, NC

**(919) 350-2997**

WakeMed Rehab offers a unique club for our community. Club REACH is an interactive program designed for individuals who no longer need hospital care, but who have activity limitations. Activities include: organized recreation programs, health & leisure education, supportive counseling, spiritual opportunities, group exercise classes, use of fitness equipment, community outings, leisure skill development, opportunities for socialization, and volunteer opportunities.

**Hinds Feet Farm**

**(704) 992-1424**

Mailing Address: PO Box 2842  
Huntersville, NC 28070  
Street Address: 14625 Black Farms Road  
Huntersville, NC 28078

Fax: (704) 992-1423  
[www.HindsFeetFarm.org](http://www.HindsFeetFarm.org)

Hinds' Feet Farm Day Program is a paradigm shift from the traditional medical, treatment, model for people living with brain injury, to an Interdependent, Community Model that embraces a holistic health and wellness orientation, empowering members toward occupation and meaning in life post injury. Created by, and for, persons living with brain injury, members actively participate throughout the entire operational infrastructure of the program as Hinds' Feet Farm is a person-centered, member empowered, self-determined, free choice, conceptualized and driven program. Members, program staff, family and professional caregivers, in-kind community volunteers and student interns are guides for members during individual and group opportunities for exploration, discovery, confidence and self-esteem in their new identity and meaning in life post-injury. Please refer to Hinds' Feet Farm's website for referral/admission information and day program curriculum.

**Life Enrichment Center**

**(704) 484-0405**

Buddy Roberts Center  
103 T.R. Harris Drive  
Shelby, NC 28150

[www.lifeenrichmentcenter.org](http://www.lifeenrichmentcenter.org)

**Life Experiences, Inc.**

**(919) 467-1973**

260 Towerview Court  
Cary, NC 27513

[www.lifeexperiences.org](http://www.lifeexperiences.org)

Life Experiences is a non-profit organization that offers a choice of satisfying work experiences for adults with varying disabilities, and at the same time allows those adults the self-esteem of earning a wage for their work ([www.lifeexperiences.org](http://www.lifeexperiences.org)).

**Lifequest, Inc.**  
230 East 8th St.  
Washington, NC 27889

**(252) 975-8080**  
Fax: 252-975-8055  
[www.lifequestinc.biz/](http://www.lifequestinc.biz/)

Lifequest is a psychosocial rehabilitation program that offers help to adults age 21 and older with severe and persistent mental illnesses. Much like the clubhouse model of psychosocial rehab, the program consists of three units: Activity Unit, Clerical Unit, and the Maintenance Unit. Units are led by clients who are elected by their peers. Lifequest, Inc. has a total of 35 consumers with 6 workers.

**LifeSpan Incorporated**  
200 Clanton Road  
Charlotte, NC 28217

**(704) 944-5100**  
Fax: (704) 944-5102  
[www.lifespanservices.org](http://www.lifespanservices.org)

Their Mission is to support children and adults with developmental disabilities by providing education, employment, and enrichment programs that promote inclusion, choice, family supports, and other best practices. They have sites across North Carolina.

**PALS**  
1201 South Boulevard  
Charlotte, NC 28203

**(704) 370-0093**  
[www.palscare.org](http://www.palscare.org)

**Regional Rehabilitation Center/ University Health Systems of Eastern Carolina**  
2100 Stantonsburg Rd.  
Greenville, NC 27835

**(252) 847-6365**  
[www.uhseast.com](http://www.uhseast.com)

Offers a Day Rehabilitation Program. Includes Rec therapy, psychological services. Offered 2-3 times per week. Participants must be receiving 2 services (ex. Physical therapy, Speech therapy, Occupational Therapy) in order to qualify.

**S.T.A.R. Program**  
Mecklenburg County Park and Recreation-  
Therapeutic Recreation Division  
2219 Tyvola Road  
Charlotte, NC 28210

Vernice Gallon **(980) 722-3788**  
(704) 527-0237  
[vernice.gallon@mecklenburgcountync.gov](mailto:vernice.gallon@mecklenburgcountync.gov)

Day program Mondays and Wednesdays from 9:30am-1:30pm. Focuses on socialization through awareness and recreation.

<b>Total Life Centers</b> 1110 Navaho Dr. Suite 400 Raleigh, NC 27609	<b>(919) 872-7933</b> Michael Boles, Director of Adult Day Services <a href="http://www.ResourcesForSeniors.com">www.ResourcesForSeniors.com</a>
<b><i>Bond Park Total Life Center</i></b> 110 Maury O'Dell Place Cary, NC 27513	<b>(919) 460-9008</b> Joan Kelly, Center Program Director
<b><i>Creedmoor Road Total Life Center</i></b> 6612 Creedmoor Rd. Raleigh, NC 27613	<b>(919) 676-5858</b> Mike Hardee, Center Program Director
<b><i>Departure Drive Total Life Center</i></b> 5124 Departure Dr. Suite 101 Raleigh, NC 27616	<b>(919) 873-1870</b> Contact Molly Mayo, Center Program Director
<b><i>East Wake Total Life Center</i></b> 323 Lake Dr. Wendell, NC 27591	<b>(919) 365-4248</b> Sharon Conyers, Center Program Director
<b><i>Garner Total Life Center</i></b> 201 Methodist Dr. Garner, NC 27529	<b>(919) 773-3790</b> Jennifer Murray, Center Program Director
<b><i>Kirk Total Life Center</i></b> 200 High Meadow Dr. Cary, NC 27511	<b>(919) 467-6906</b> Hilary Dossett, Center Program Director

The Total Life Centers are adult day service programs. The service offers needed care for ambulatory and semi-ambulatory dependent adults, especially those with memory loss and physical disabilities. Resources for Seniors, Inc. operates the six Total Life Centers, offering socialization and personal care as well as nursing care services at three combination social and health centers. The centers are open Monday through Friday from 8:00 a.m. until 5:00 p.m. Extended hours are available for early drop-off and late pick-up for working caregivers.

A typical day begins with a continental breakfast followed by such activities as reality orientation, current events, chair aerobics and exercise, arts and crafts, music, games, puzzles, group discussions, and socialization experiences. Participants enjoy a full nutritional noon meal and afternoon snack in addition to breakfast. Each day will be designed to match the individual's Service Plan and goals as established by the participant, his or her caregiver, case manager (if applicable), and TLC staff. Regularly scheduled entertainment, parties, devotional services, field trips, and seasonal events provide sensory and social stimulation. Monthly participant councils are held in order to get participant input on activities that they would like to see implemented at the center. Quality care is the aim of all our activities and services. Activities are age appropriate and designed with the purpose of trying to get everyone involved. We desire to help your loved one stay as happy, healthy and alert as possible.

## Long-Term Care: Nursing Homes/Assisted Living

For a comprehensive list of nursing homes in your area, visit [www.medicare.gov](http://www.medicare.gov), scroll down on the main page and click on “Compare Nursing Homes in Your Area.”

Long-term care refers to a broad range of supportive medical, personal and social services needed by people who are unable to meet their basic living needs for an extended period of time. This may be caused by accident, illness or frailty. Such conditions include the inability to move about, dress, bathe, eat, use a toilet, medicate and avoid incontinence. Care may also be needed to help the disabled with household cleaning, preparing meals, shopping, paying bills, visiting the doctor, answering the phone and taking medications.

### Skilled Nursing Facility

Nursing facilities are licensed by the State who determines the number of skilled and nursing home beds in the state as well as the staffing requirements.

Skilled care is the highest level of care and is defined as: 1. requiring every patient to be under supervision of a physician, 2. having a transfer agreement with a local hospital, 3. requiring 24 hour nursing supervision and 4. having a physician on-call for emergency. States also require a higher ration of RNs and aides per patient with skilled than with non-skilled care.

To differentiate them from skilled care, other facilities are often called intermediate care facilities. The on-call requirements, 24-hour nursing and staffing levels are not as stringent for intermediate care. Some facilities, called residential care -- typically 3 or 4 bedroom converted homes -- are licensed for room and board only with no formal medical staff. They provide help with activities of daily living (ADLs) but cannot handle medical problems.

In July 1999, the Supreme Court issued the *Olmstead v. L. C.* decision. The Court’s decision in that case clearly challenges federal, state and local governments to develop more living opportunities for individuals with disabilities through more accessible systems of cost-effective community-based services.

The *Olmstead* decision interpreted Title II of the Americans with Disabilities Act (ADA) and its implementing regulation, requiring states to administer their services, programs, and activities “in the most integrated setting appropriate to the needs of qualified individual with disabilities.” The ADA and the *Olmstead* decision apply to all qualified individuals with disabilities regardless of age.

This means that a person does not have to live in a long-term care facility if they chose not to. If you or a loved one currently resides in a long-term care facility you can request *relocation services* through your county of residence. Relocation services provide for the relocation of individuals with disabilities under the age of 65 from nursing home settings to homes of their choice in community settings. Medicare, Medicaid, waivers or insurance can help pay for Long Term Care.