

Day Programs

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

What is a Clubhouse?

A Brain Injury Clubhouse is a community center for people living with the effects of a brain injury. It offers a safe environment where people are treated with dignity and respect. A Clubhouse focuses on abilities rather than disabilities, and capitalizes on these abilities for the combined good of all members. Members of the Clubhouse are recognized for their contribution, no matter how big or small that contribution is. Members work together to support each other in the pursuit of personal goals. In the process, people develop the skills and self-esteem needed to regain control of meaningful and productive lives. Clubhouses encourage community re-entry, the rebuilding of social relationships and the training of skills required to return to productive activity.

Clubhouses are divided into four main areas:

Work-Ordered Day

Clubhouses are divided into units such as the Administrative and Kitchen/Maintenance units. Members choose which unit to participate in based on personal interests. They spend much of the day on tasks involved in running the day-to-day operations of the clubhouse, such as planning and cooking meals, general administrative tasks and creating the newsletter.

Education

Members provide education and awareness of brain injury to the community. They also receive information on available community resources and work toward increasing self-management skills, productivity and independence.

Volunteer/Employment

The Clubhouse assists with providing resources to prepare members for employment and helps with establishing connections in order to pursue volunteer opportunities and/or competitive employment.

Social Activities

At least once a month, members are engaged in social activities within the community. Activities are determined by member interests and suggestions and can include, but are not limited to: dining out, taking an art class, going to the movies or going bowling.

Adapted from "Beacon House is an ABI Clubhouse." Mary Buckley Foundation, www.maryfoundation.org.

Day Programs

Blessed Assurance Adult Day Care and Health Services

13001 Idlewood Road
Matthews, NC 28105

(704) 845-1359

www.blessedadultcare.org

CarePartners Health Services

68 Sweeten Creek Road
Asheville, NC 28803

(828) 277-4800

Fax: (828) 277-5869

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 REACH

WakeMed Health Park
3000 New Bern Avenue
Raleigh, NC 27610

(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. Our program helps individuals return to the community and the recreational activities they once enjoyed. Meeting two days a week, Club REACH(Recreation, Education, Advocacy, Community outreach and Health), offers a schedule full of activities. Plus, it's a great opportunity to connect with others. Club REACH is coordinated by certified therapeutic recreation specialists who helped create the program.

GCF Nature Center Program

GCF Community Foundation
4808 Chin Page Road
Durham, NC 27703

(919) 941-9600

<http://www.goodwillenc.org/naturecenter.html>

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.

Gateway Clubhouse

1805 Garner Station Blvd.
Raleigh, NC 27063
<http://gatewayclubhouse.org>

(919)-662-0940
Fax: 919-662-0950

Gateway Clubhouse provides individuals with a Brain Injury the opportunity to participate in satisfying, purposeful activities in a supportive community environment.

At Gateway Clubhouse, survivors of a brain injury are considered members, not clients or patients, who maintain ownership over Clubhouse activities. With the support of Clubhouse staff, members engage in social, recreational and work-oriented programs to use and develop practical and functional living skills. Clubhouse membership can improve social and vocational skills, quality of life, and overall independence.

Gateway Clubhouse offers the following benefits to those with a Brain Injury and their families:

- * Purposeful activities that build self-esteem, confidence, and social skills
- * An emotionally and socially supportive environment where members work at their own pace towards personalized goals
- * Guidance from specially-trained staff

Gateway Clubhouse membership is open to any adult over the age of 18 with a Brain Injury. Members should be independent in self-care and mobility and able to participate in Clubhouse activities with limited supervision.

Hinds Feet Farm

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

(704) 992-1424
Fax: (704) 992-1423
www.HindsFeetFarm.org

Additional location:

375 Hendersonville Rd.
Asheville, NC 28803

(828) 274-0570

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.

Neisler Life Enrichment Center

222 Kings Mountain Blvd.
Kings Mountain, NC 28086

704-739-4858

www.lifeenrichmentcenter.org

Additional Location:

(704) 484-0405

110 Life Enrichment Blvd.
Shelby, NC 28150

Life Experiences, Inc.

260 Towerview Court
Cary, NC 27513

(919) 467-1973

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).

LifeSpan Incorporated

200 Clanton Road
Charlotte, NC 28217

(704) 944-5100

Fax: (704) 944-5102

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.

Lifquest, Inc.

300 East 10th St.
Washington, NC 27889

(252) 975-8080

Fax: 252-975-8055

www.lifquestinc.net

Lifquest is a psychosocial rehabilitation program that offers help to adults age 21 and older with severe and persistent mental illnesses. LifeQuest, Inc. is patterned after the clubhouse model of psychosocial rehabilitation. The original clubhouse model consists of three units. We have added two additional units for more opportunity. Units are led by clients who are elected by their peers. These units give consumers a sense of responsibility and ownership of the program. The Units include: Activity Unit, Clerical Unit, Maintenance Unit, Beautification Unit, Community Outreach/Art & Craft Unit.

PALS

1201 South Boulevard
Charlotte, NC 28203

(704) 370-0093

www.palscare.org

Your loved one thrives with quality care in a safe, supportive environment at PALS Adult Day Health Center. Benefits include: increased personal safety with supervision in a protective environment; top-

quality health monitoring; caring, professional staff who make personal service a top priority; dignified assistance and support with personal care needs; and carefully planned activities to create friendships and daily exercise programs to enhance physical wellness.

Regional Rehabilitation Center/

University Health Systems of Eastern Carolina

2100 Stantonsburg Rd.
Greenville, NC 27835

(252) 847-6603

www.uhseast.com

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

Outpatient rehabilitation services available-pediatrics and adults (need physician's order). Provides physical, occupational and speech therapy (single service and multidisciplinary approach).

Specialty services available, including aquatics therapy, vestibular rehab, feeding/swallowing programs, Fiber optic Endoscopic Evaluation of Swallowing (FEES), and VitalStim. VR department located in same building and Vocational Evaluation services also available at our Rehab Physicians Clinic.

The Total Life Centers

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.

Total Life Centers

1110 Navaho Dr. Suite 400
Raleigh, NC 27609

(919) 872-7933

Michael Boles, Director of Adult Day Services
www.ResourcesForSeniors.com

Bond Park Total Life Center

110 Maury O'Dell Place
Cary, NC 27513

(919) 460-9008

Creedmoor Road Total Life Center

6612 Creedmoor Rd.
Raleigh, NC 27613

(919) 676-5858

Departure Drive Total Life Center

5124 Departure Dr. Suite 101
Raleigh, NC 27616

(919) 873-1870

East Wake Total Life Center

323 Lake Dr.
Wendell, NC 27591

(919) 365-4248

Garner Total Life Center

201 Methodist Dr.
Garner, NC 27529

(919) 773-3790

Kirk Total Life Center

200 High Meadow Dr.
Cary, NC 27511

(919) 467-6906