



# SERVICE DESCRIPTIONS

## DAY PROGRAMS & ACTIVITY

Isolation, processing/communication changes, transportation, and funding are often barriers to engaging in the community or enjoying things you or a loved one did before brain injury. Daily activity can be beneficial to brain health, living skills, social relationships, self-esteem, and self-awareness. Even if an individual may not be ready to engage in a structured day program, creating a daily schedule with activity and development opportunities can make a great deal of difference in rehabilitation.

### Adult Day Program

Day programs offer quality care, a structured day, and supervised activities for individuals living with brain injuries or other cognitive disabilities. Typically available all or partial day options Monday through Friday, participants can enjoy a variety of stimulating activities adapted to their individual goals and capabilities. Getting active with others and engaging in the community can help with rehabilitation while allowing caregivers & family members to attend to other responsibilities during the day. Eligibility varies for each program, some requiring basic activities of daily living (ADL) ability (i.e. toileting). There are few programs solely for individuals with brain injury but other options, such as for individuals with mental health experience or challenges related to intellectual/developmental disability, may still be a good fit. Try a trial period or interview multiple options in your area to find the right one.



### Recreation/Social Program

There are some programs that are purely focused on recreation (community activities, engagement, sports, leisure) or social outings. These may be for individuals living with disability or anyone in the community. Don't be afraid to try something new! Getting social can decrease isolation, allow for practicing skills, and help give a sense of community.

## Clubhouse

A brain injury clubhouse offers a safe environment where everyone is treated equally, helping to build self-esteem. Members work together to support each other, manage scheduling, and pursue personal and clubhouse goals. Clubhouses encourage community re-entry, social relationships, and the skill training required to return to productive activity. They may include day-to-day operations, education, volunteering/employment, and/or social activities.

## Rehabilitation Program

Some programs are available to specifically work on rehabilitation or skill building after brain injury. This may be related to speech, movement, thinking/cognition, or more. Hospitals or allied health community programs offer these in individual and group formats once or multiple times a week.

## Employment Program

Many people after brain injury are interested in returning or starting work but may feel nervous to fail. Some community rehabilitation programs have groups to focus on work or life after brain injury to help build skills and confidence. Many programs related to employment require eligibility for State Vocational Rehabilitation Services, meaning there is a disability preventing employment and a desire for working. Supports may include job coaching to provide help while discovering, searching, interviewing, and staying employed.

## FINDING THE PROGRAM

- Determine your goals:
  - Every person's goals may be different, i.e. activity, social, employment, skill-building, independent living.
- Determine motivation:
  - without motivation, engagement and success will likely be limited. Even finding one goal and seeing how the program may fit in may be beneficial.
- Determine obstacles:
  - Common difficulties may include self-awareness, regulation, safety/wandering, transportation, scheduling, or finances.
- Determine experiences & philosophy:
  - Interview current members and ask about staff training or outcome data.

## RESOURCES & REFERENCES

- NC DHHS:  
[www.ncdhhs.gov/assistance/adult-services/adult-day-services](http://www.ncdhhs.gov/assistance/adult-services/adult-day-services)
- NC Vocational Rehabilitation:  
[www.ncdhhs.gov/divisions/dvrs](http://www.ncdhhs.gov/divisions/dvrs)
- National Adult Day Services Association:  
[www.nadsa.org](http://www.nadsa.org)
- International Brain Injury Clubhouse Alliance: [www.braininjuryclubhouses.net](http://www.braininjuryclubhouses.net)
- NC Statewide Independent Living Council:  
[ncsilc.org](http://ncsilc.org)