

# Expanding The Role Of Long-Term Care

## The Nursing Home and Beyond

▼ or many years  
**F** nursing homes were thought of as the only  
▲ available form of long-term care. Today, these facilities are still necessary for persons who need constant, skilled nursing care. However, Catholic healthcare providers have answered the call to provide alternatives to nursing home care for the elderly and persons with long-term disabilities. An array of services—including care management, senior living communities, and adult day care—is available to help people remain independent for as long as possible. These services can save money and, more important, improve the quality of life for the elderly and disabled.



This special section examines various aspects of the long-term continuum of care, beginning with a photo essay on two adult day care programs. In Flint, MI, Adult Day Care, a division of the Center for Gerontology (which is an affiliate of St. Joseph Health Systems), serves the elderly (including those who have Alzheimer's disease or related disorders) and persons who have disabilities. At the Alzheimer's Day Treatment Center at St. Mary's Medical Center, Knoxville, TN, program staff monitor clients' health and emotional status and stabilize their daily routines. Programs such as these are important elements in the continuum of long-term care services. □

Art by Francis Livingston

CENTER FOR GERONTOLOGY

# Adult Day Care

## Flint, Michigan



Bradley Poulos

*Two friends enjoy the center's garden. These clients, who have congestive heart failure, feel comfortable at Adult Day Care because the nursing staff is always available. They live with their daughters, who care for them in the evenings. The woman on the left enjoys working on crafts and sewed the matching blouses for herself and her best friend. □*

*A center physician examines a client for ear problems. The Adult Day Care program offers its clients health monitoring, group and individual activities, personal care, supervision, exercise, education, counseling, speech and occupational therapies, and other medical and social services. □*



Tom Cheek



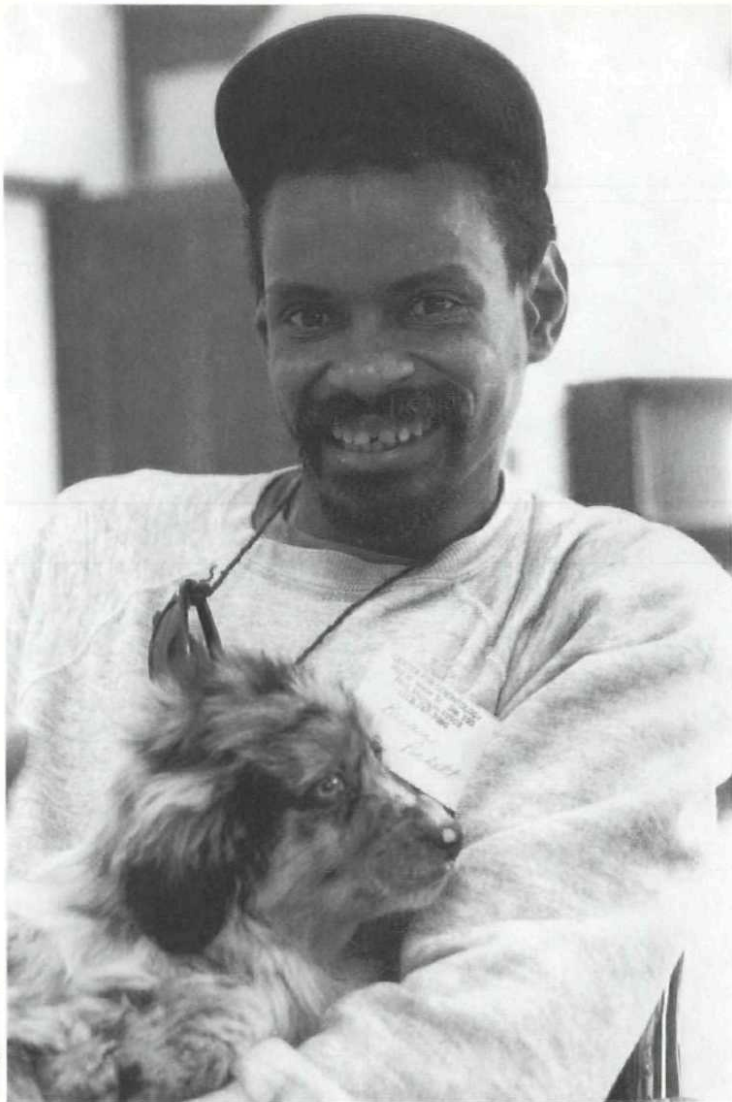
Randy Belinsky

As they work on a craft, these clients stop to chat. The 74-year-old woman (center), who had cared for her frail mother most of her life, had no social or recreational outlets after her mother died. She was severely depressed before she began coming to the center. Today she feels useful and needed. These women with Down's syndrome (far left and far right) did not feel comfortable at the sheltered workshop they were attending, where a majority of the clients were young. Here they receive the supervision they need, as well as stimulation from other clients their age. The Adult Day Care staff report that all three clients are more alert and motivated and are happier since they began coming to the center. These women say they feel more self-worth. ■



Tom Cheek

Transportation to and from the day care program is available to all clients. ■



Randy Belinsky

*On Friday afternoons local music groups entertain at Adult Day Care. This man, who has Alzheimer's disease, is well physically, but because of cognitive impairments, he requires supervision in all activities of daily living. His wife is his primary care giver. When she needs respite, she knows she can count on the Adult Day Care staff to tend to her husband. □*

*Pet therapy, sponsored by the local humane society, helps this 33-year-old client with cerebral palsy improve his socialization skills. Because she could no longer care for him all day, the man's frail mother enrolled him in the Adult Day Care program. He enjoys socializing with people his age, with whom he had been out of contact for years before coming to the center. He attends all the center's outings such as bowling and shopping. □*



Tom Cheek

ST. MARY'S MEDICAL CENTER

# Alzheimer's Day Treatment Center

Knoxville, Tennessee

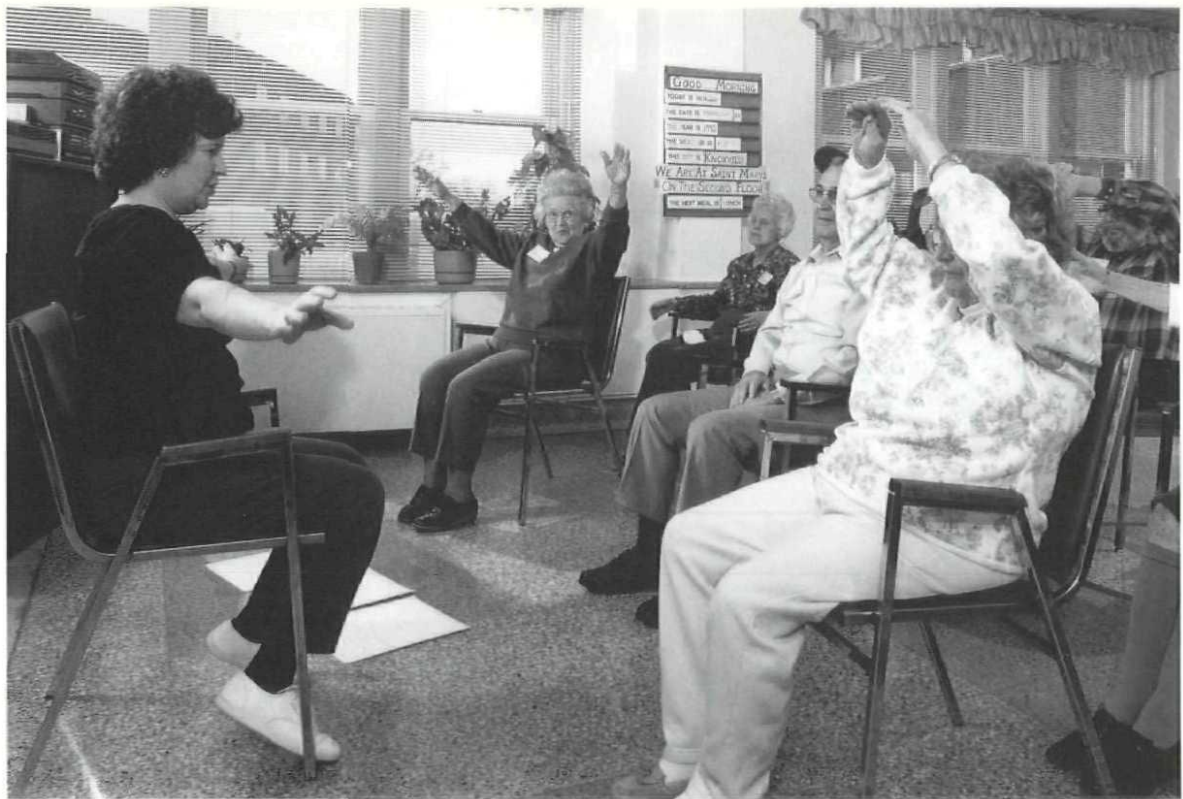


Photos by Gary Heatherly

*Animal-assisted therapy promotes interaction between people and animals. The client holding the cat is a 59-year-old former executive secretary who has been attending the treatment center for 13 months. Staff are not surprised she loves the animals because "she is a very caring person." The 79-year-old man on the left, a former restaurant owner, has been attending the day treatment center for three years. Keeping physically active is important to the 71-year-old woman on the right, who has been attending the center for 14 months. She continues to bowl and do yard work. HABIT (Human-Animal Bonding in Tennessee) provides the animal-assisted therapy program.*

*Three times a week the center's nurse checks the blood pressure of clients who come to the center five days a week. For clients who come less often, the nurse checks the blood pressure each time they attend. Here the nurse takes the blood pressure of a 77-year-old client who has been coming to the center for nine months.*





*Clients work on body recall. The purpose of the exercise is to help clients recall and regain joint mobility, flexibility, and strength. The movements and skills are practiced each day to help clients maintain the mechanics of everyday activities. □*



*A staff member and clients admire their work on the quilt. Clients traced their hands on fabric, and a staff member made the quilt, which was included as part of the center's Spirit of Healing art exhibit for specially abled senior citizens. □*



Music therapy motivates clients to participate in group activities through humor, hand clapping, rhythmic movements, and familiar songs. ❑

Although her short-term memory is impaired, the 93-year-old client seated second from the right remembers old, familiar songs, which helps her self-esteem. Center staff say it is rare that she is not smiling. After attending the day treatment center for a year, the 59-year-old man on the right has improved coordination. A former vice president of an electrical engineering company, he especially enjoys listening to music. ❑

