

CATHOLIC CHARITIES

INDIANAPOLIS

ADULT DAY SERVICES



A Caring Place • 4609 N. Capitol Ave. • Indianapolis, IN 46208 • 466-0015
CatholicCharitiesIndpls.org

Preventing Falls and Lifting Self-Esteem

Charles is seventy-four years old and first came to *A Caring Place Adult Day Services* in January 2005. He had multiple medical problems: diabetes, congestive heart failure, neuropathy and depression. In 2005 Charles had been hospitalized and went home in a wheelchair. He became dependent on his wheelchair, only getting up to use the bathroom or move to his bed. When asked why he relied on the wheelchair, he replied, “No one ever suggested anything else.”

Catholic Charities Adult Day Services first received a grant in 2005 to teach seniors and their caregivers how to prevent dangerous, often life-threatening falls. Charles was an ideal candidate for these services. He received bi-weekly therapy by a licensed physical therapist. In less than a year he was walking with a cane and had gained his strength and stability back. He was much safer and had increased self-esteem. “I never thought I’d walk again,” was no longer a frequent saying.

Charles continued to do well but was also dealing with the side effects of his other health problems. He had mood swings and difficulty managing his diabetes, and had moved into an assisted living complex. He injured his leg while riding his motorized scooter. Fortunately he was still

attending *A Caring Place* four days a week and the professional team tended to his wide array of needs.

The nurse at *A Caring Place* changed the bandages of the wound daily, which took eight months to heal. He was off his feet for awhile, but eventually returned to using a cane. *A Caring Place* was Charles’ social contact, medical supervision and emotional support throughout his recovery. Without this program Charles would have been home alone for the entire time, or in a nursing home.

In January 2008 Charles was hospitalized for a week because of his diabetes and severe depression. The nurse at *A Caring Place* began contacting Charles’ medical team members requesting psychiatric assessment and intervention.

One day he said, “No one cares about me at all.” Our nurse replied, “When you enter these doors, you have unconditional love, Charles.” Two weeks later, he confided to his therapist that his turning point was when he realized he was loved. He resumed physical therapy and began following his diabetic diet. He had regained hope.

Charles still attends *A Caring Place* four days a week and only uses his cane when out in public. Adult Day Services will continue to provide professional, caring services for seniors like Charles and their caregivers to create the hope and dignity they deserve.



Roy, a participant at *A Caring Place*, working on his strength with his physical therapist.

Mission Statement

The staff and volunteers of Catholic Charities Indianapolis are called by the Gospel to uphold the dignity of all people. Guided by Catholic social teaching, we consider it a privilege to deliver compassionate and caring service to help and empower those in need.

Values: Created in the image and likeness of God and grounded in our faith, we value:

- Justice
- Stewardship
- Diversity
- Action
- Self-Determination
- Personal Growth
- Respect



Did you know?

- Served 41 families with Adult Day Services last year.
- Had 3,558 volunteer hours to support the program in 2008.
- Conducted 21 field trips and outings for *A Caring Place* participants last year.
- Served 130 caregivers through support groups, information and referral, and home modifications in 2008.

Partnership Profile: UIndy Occupational Therapy

University of Indianapolis' School of Occupational Therapy has partnered with *A Caring Place* for several years to provide meaningful internships. This collaboration provides real-life experiences for occupational therapy students. Amy Jarecki and Beth Kincaid both completed 12-week, full-time internships this past summer.

Under the supervision of their fieldwork director, Becky Barton, and Adult Day Services staff, the students designed and implemented services that promoted social participation, prevented mental and physical decline, and facilitated emotional well-being. Their services addressed the physical, mental and spiritual aspects of health that we know are important to overall well being of each individual and is addressed daily through the programming of *A Caring Place*.

By the end of the summer the students became an integral part of the team. Through this unique fieldwork opportunity, the students were able to learn first-hand about the role of occupational therapy and were able to provide new recommendations and therapies to the day services staff. This partnership allows students to learn from valuable experience and helps us provide professional, innovative services.



Catholic Charities Indianapolis Adult Day Services received a grant to purchase a mini-bus from Indiana's Department of Transportation and Family Social Services Administration's Department of Aging. A brand-new mini-bus can now transport 15 participants, including two participants in wheelchairs. Without this transportation several of our participants could not attend *A Caring Place*. The bus is spacious, comfortable, and safe and features our name and contact information on the outside.

Participant Jeanne states, "The new bus has made it possible for me to attend *A Caring Place* because my family would not always be able to transport me."

Clarice, another participant, says, "The new bus is great because it has more room, it is not so cold, and it is easy to board. Brother Anthony is so good to all of us. I am so lucky to be a rider on this bus!"

One of the goals of Adult Day Services is to meet the needs of seniors and their caregivers so that frail elderly remain valuable, participating persons in our society. This mini-bus allows participants to stay with the program despite any transportation issues.



David J. Bethuram, Catholic Charities Indianapolis Agency Director

A Caring Place Adult Day Services 466-0015

Staff

Ellen Brown, Senior Services Director
Sr. Susan Dinnin, SP, Program Manager
Louise Collet, Associate Program Manager
Jeanne Riteris, Physical Therapist
Monica Woodsworth, Caregiver Support, RSVP Project Director

“Why is Adult Day Services needed?”

J.D. is eighty years old and a former cook, but now is forgetful. During the day, he loves to cook in the kitchen trying out some of his old recipes. The problem is that he forgets to turn off the stove.

Madeleine is eighty-eight and diabetic. Her necessary medications must be monitored continuously and taken on a regular basis.

Anna is sixty-five and confined to a wheelchair. She needs not only assistance with daily life tasks, but also needs someone to talk to during the day so she isn't stuck in front of the television.



J.D., Madeleine and Anna’s caregivers either work or are unable to provide care twenty-four hours a day, seven days a week. Yet these three seniors are not ready for a nursing home with very expensive full-time care.

Since 1982 Catholic Charities Indianapolis Adult Day Services has provided the daily services needed for seniors during this transition in their lives. The program meets the needs of participants through individual plans to meet their specific goals. Providing a variety of health, social and supportive services in a safe, caring environment, the participants have an opportunity to socialize and enjoy peer support. In addition nurses and physical therapists monitor participants’ health in conjunction with their doctors. We also connect the family with other social services they may need.

The individual plan of care focuses on overall wellness, independence and the maintenance of physical and mental capabilities, celebrating each person’s uniqueness. The program meets the needs of working families by operating five days a week from 7:30a.m. to 5:30 p.m. Scholarships are available, but the staff also works with insurances and Medicare to find all available funding to make our services accessible.

A Caring Place Adult Day Services serves as an integral part of the community and accommodates the growing need of our disabled and aging population. Without adult day services, many elderly and disabled would be home alone while their caregiver worked. Caregivers would deal with the stress of an aging parent by themselves. And our community’s seniors would enter into nursing before they were ready, losing their valuable connection to their families and neighborhoods.

Summer Breezes: Gone Western!

Support Adult Day Services each year by attending their annual fundraising dinner in May. Contact Sister Susan Dinnin for ways you can help. We need volunteers, attendees, corporate sponsor, and silent auction donors.

Donation Needs: New or gently used items for game prizes

- Religious Articles
- Purses
- Ties
- Jewelry
- Hats
- T-Shirts
- Postage Stamps



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