

# Memory Care & Wellness Services

## What is the Memory Care & Wellness Services program?

It is a day service program - the individual with Alzheimer's or other dementia attends the day program two days a week while the family caregiver gets time for his/her own needs.

## What is the Memory Care & Wellness Services study?

The Washington State Department of Social and Health Services and the University of Washington are doing a study to see if the service makes a difference for people using it. Both the individuals with dementia and their family caregivers will be asked to take part in the study.

## What will happen if I participate in the study?

Family caregivers will complete a questionnaire up to four times, over a 2-year period. Persons with dementia will be interviewed at the adult day program every three months.

## What does the Memory Care & Wellness Service program provide?

- **For the person with dementia, the program offers:**
  - ✓ A safe, accepting place to be with others who understand what it's like to live with memory loss
  - ✓ A simple exercise program to keep the participant moving and walking regularly
  - ✓ Activities that promote good health and communications skills
  - ✓ Medication, nursing or personal care assistance if needed
- **For you, the family caregiver, the program offers:**
  - ✓ A way to keep your loved one active and involved with others
  - ✓ Scheduled times each week for you to meet your own needs
  - ✓ Regular opportunities to talk with health care workers who know your loved one and can answer questions about dementia and caregiving
  - ✓ An easy way to link up with education and services you may need over time

## Where are the services being offered?

Two adult day centers in Pierce County offering  
Memory Care & Wellness Services

- Cascade Park Active Day  
232 St. Helens Ave., Tacoma
- MultiCare Adult Day Health  
6442 Yakima Ave, Tacoma

## Certain eligibility restrictions apply

and a sliding fee, based on income, may be required.



# Are you caring for someone with dementia?

*To find out more about the  
Memory Care & Wellness Services and study  
please call:*

*You may be eligible for a new  
dementia day service program  
and study*

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**Pierce County**  
**Aging & Disability Resource Center**  
**(253) 798-4600 or 1-800-562-0332**