

alzheimer's  association™

## kirkpatrick day program

Central New York's Only  
Dementia Specific Day  
Program



the compassion to care, the leadership to conquer



**The Kirkpatrick Day Program is the only dementia-specific day program in the Syracuse area. Our dementia care staff works directly with participants to provide a caring, social environment for individuals with Alzheimer’s disease or a related dementia.**

Social adult day programs enable the participant the opportunity to live at home with family and receive the assistance needed to remain active. By providing both mentally and physically stimulating activities with peers outside

their home, participants benefit from a social, interactive atmosphere. This allows caregivers to take time for their own well-being, which is often ignored. Studies have shown that social day programs prolong the quality of life of its participants while delaying the potential need for skilled nursing care. Attendance at a day program often results in favorable changes in personality and mood. The individual may be less agitated, more cheerful, and have more appropriate behavior in social situations.

*“What a godsend the Kirkpatrick Day Program is to our family. When my dad and I made our initial visit, I knew that I could entrust him to their loving care. Dad was a bit nervous about attending, but now he enjoys his days and I know that he is safe and active.” — Judith Gagnon*

# CNY's Only Dementia Specific Day Program

The Kirkpatrick Day Program is open to anyone with Alzheimer's disease or a related disorder, including Parkinson's disease, stroke-related dementia and Huntington's disease, among others.



While a medical diagnosis is not required for attendance, we urge families to consult with a physician if they suspect their loved one has dementia.

## Tailored to Your Needs

- Hours are Monday-Friday from 7:30 a.m.-5:30 p.m.
- Families can choose full- or half-day attendance, as well as which days they wish to attend.
- Financial assistance is available for those who qualify.
- Transportation is available at an additional cost for families unable to drop off or pick up their loved one.



# Services at the Kirkpatrick Day Program

Our staff's mission is to provide the highest quality personalized care. Day program participants receive:

- A nutritious breakfast, lunch and snack
- Supervision of medications
- Assistance with personal care
- A secured setting, both inside and outdoors
- Transportation services (additional cost and limited area)
- Beautician services (additional cost)
- Massage therapy (no cost), administered by a licensed massage therapist



# Activities Offered at the Day Program

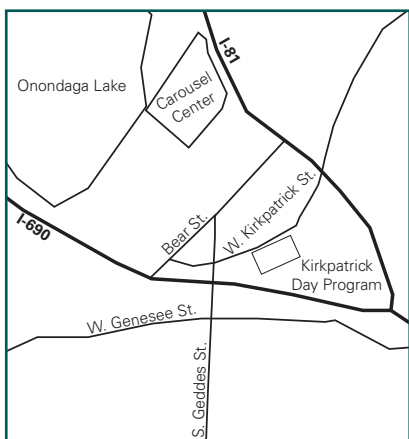
Activities provided are selected based upon the individual's interests and abilities. They are designed to strengthen and reinforce the changing capabilities of each participant. Exercise segments are lively and promote flexibility, balance and coordination. Our goal is to help the person remain active and as independent as possible.

All participants are encouraged to stay engaged and keep physically and mentally active.

Activities include:

- Arts and crafts
- Exercise
- Reminiscing activities
- Recreational programs
- Games and trivia to enhance memory
- Sing-a-longs, performances and dancing
- Intergenerational activities
- Pet and animal visits
- Housekeeping activities
- Music, art, massage, and aroma therapies, administered by trained professionals
- Gardening (indoors and outside)
- Sensory stimulation

*"The day program is safe, comfortable and inviting. Best of all, my loved one is happy. I can be at work and not worry!"*  
— Kathy Reed



## Directions to the Kirkpatrick Day Program

**From the Northern Suburbs:** Take I-81 South to Exit 22 (Bear St.). Go straight through the light at Bear St. and at the next stop sign (Court St.), make a right. At the next traffic light, Court St. becomes W. Kirkpatrick St. Go approximately one-half mile. The day program is on your left.

**From the Eastern Suburbs:** Take I-690 West to Exit 10 (N. Geddes St.). Make a right on N. Geddes St. At the next light, make a right on W. Kirkpatrick St. The day program is ahead on your right.

**From the Western Suburbs:** Take I-690 East to Exit 8 (Bear St.). Make a right at the first light on to Spencer St. Go straight at the next light (Geddes St.). The day program is ahead on your right.

**From the South (including Downtown and the University):** Take I-81 North to Exit 22 (Court St.). At the intersection with Court St., make a left. At the next traffic light, Court St. becomes W. Kirkpatrick St. Go approximately one-half mile. The day program is on your left.

**Alternate Directions from Downtown:** Take Franklin Street through Franklin Square. Make a right on Solar St. At the second light, make a left on W. Kirkpatrick St. Go approximately one-half mile. The day program is on your left.

For a complimentary guest visit or more information, call the care coordinator at:

**(315) 472-4204**

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**Kirkpatrick Day Program**

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[www.alzcn.org/kdp](http://www.alzcn.org/kdp)