

## Why a Day Program for Adults?

- To regain the fun side of life
- To stimulate the imagination and enrich life
- To provide supervision through satisfying, structured activities
- To encourage living at home
- To maintain wellness through healthy lifestyles
- To provide “time away” for caregiving family and friends

*“If my father-in-law did not attend the Day Program, he would just sit in a chair all day long and sleep. The center keeps his mind working, and we are very grateful.”*



Mr. H.

*“I felt so guilty at first when I called to get more information about the program. But I found out that I was offering my wife some quality time that I could not provide. I also learned that she needed as much space from me as I needed from her. This time away has really helped our relationship.”*



Mr. D.

*“Dad didn’t want to go to the first or second visit. But with the information that the program staff provided, we were able to get through the difficult beginning period.”*



Mr. B.

## Hints for Using Respite Care

To preserve your sanity and health, take regular breaks from caregiving before the person for whom you are caring, becomes accustomed to a routine that includes only you. Help them make a connection with others. Arrange for some sort of break for yourself (respite) to regenerate your energy.

- Tell your loved one what arrangement has been made. Be positive, but do not give them a choice.
- Ease into the arrangement gradually.
- Schedule the change when your loved one is rested.
- Keep a regular schedule.
- Commit to this arrangement for at least one month. It takes time for adjustment.
- Be patient.

Success will provide the loved one you care for with quality time and you with time away. You may then be able to carry on your caregiver role with greater ease.

# Yesteryears

*... a Day Program for Adults*

## A Social Adult Day Program

Binghamton Site Operated by Broome County  
Office for Aging in cooperation with  
Binghamton Housing Authority



**For Information:**

# 778-2946



BARBARA J. FIALA  
Broome County Executive

Kathleen Bunnell  
Director, Office for Aging

Funding provided by:

- New York State Office for the Aging
- Broome County Office for Aging
- New York State Office of Mental Retardation and Developmental Disabilities

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# Yesteryears

*... a Day Program for Adults*

## **Binghamton Site**

(Enter Binghamton Housing Authority  
building, door marked Yesteryears)  
24 Isbell Street  
Binghamton, NY 13901

and

## **Endwell Site**

(Enter from parking lot of  
Broome West Senior Center Building)  
2801 Wayne Street  
Endwell, NY 13760

Hours

8:30 a.m. – 4:30 p.m.

Monday - Friday

**(607) 778-2946**

*A valuable caregiver respite program  
that offers up to eight hours a day  
of supervised activities and peer  
socialization for frail, isolated or  
impaired individuals.*

