



## **PSI Continuum Of Care**

### **PSI Community-Based Day Program**

This program for adults with intellectual disabilities serves persons under 55 years of age and for seniors 55 years and older who are interested in volunteer or paid employment.

PSI focus is community inclusion and integration and employment for most or all of every day. PSI recruits volunteer placements in health care, foodservices, arts and humanities, mass communication, clerical services, landscape and gardening, and building and janitorial services. PSI also prepares persons for paid employment and on-the-job follow-along support.

### **ADHP PROGRAM HOURS**

Mondays through Fridays 8:00 a.m. to 3:00 p.m.

### **ADMISSIONS**

Persons served must be 55 years or older and have been diagnosed with a chronic medical condition and may have Psychiatric diagnosis, substance abuse disorder, physical disabilities or developmental disabilities

### **PSI INSURANCES**

For Medicaid Insurance, persons must have prior approval from the DC. Department on Aging. For all other insurances, contact the PSI Intake Office.

### **PSI Intake Office**

Contact –

Ms. Darlene Tucker

dtucker@psiservicesinc.net

Phone: 202-547-3870 or

1-877-872-7025

Fax: 202-543-0751

PSI complies with all applicable federal and district laws and regulations in its provision of services.

## **PSI Services III, Inc.**



*Helping People Grow<sup>®</sup>*

## **Adult Day Health Program**

A therapeutic day program for adults 55 and older who have chronic medical problems

**Dr. Yvonne B. Ali, Executive Vice President**

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### About PSI

Founded in 1979 by two psychologists, PSI believes that persons can learn and develop regardless of their disability. The PSI interdisciplinary team is committed to Helping People Grow.®

### About PSI Day Health Program

The PSI Adult Day Health Program is a medically supervised active treatment program for persons 55 years and older who are living in the community and who have a chronic medical condition.

# Adult Day Health Program

### PSI ASSESSMENTS

The PSI allied health team completes assessments to provide information for treatment planning. Assessments include: nursing, nutritional, mental health, and adaptive living skills assessments.

### PSI PLAN OF CARE

With the senior and family, our interdisciplinary team completes a Plan of Care of program activities, that are built around the senior's personal goals and community integration interests.



### PSI ADHP PROGRAM ACTIVITIES

Seniors select from a variety of special clubs and other services:

### PSI SPECIAL CLUBS OFFERED

**Cooking Club:** Plan, cook and serve simple dishes for regular meals and special parties.

**Knitting Club:** Select knitting projects, then form knitting circles to work together.

**Book Club:** Choose a book to read and discuss.

**Drama Club:** Write and produce a play to be performed for at PSI for special events and holidays.

**Music and Movement:** Play records and musical instruments, line dancing and sing along.

### OTHER DAILY SERVICES OFFERED

These services are available at all times:

#### Skilled nursing services

Daily health evaluations, health and wellness training and medication administration.

#### Nutrition and dietary care

Catering service, special diets, nutritional evaluations, special eating protocols, and nutrition education

#### Personal Counseling

Individual and group counseling to improve social-emotional functioning and support self-reliance and independence.

#### Reality Orientation

Group activities to reduce disorientation, confusion, and social withdrawal from the environment, and to delay memory loss.

#### Remotivation

Individualized restructuring of daily activities using behavioral supports that restore self-worth and personal dignity and motivate the person to strive to achieve personal goals.

#### Life Review and Reminiscence

Individual and group stage of life counseling that encourages seniors to survey aspects of their past and achieve a new meaning and acceptance in their current lives and future.

#### Social Skills/Community Integration

Daily community-based group activities that stress personal safety, exploration, and involvement with others.



<p>5 <b>Games:</b> Exercise, Chinese checkers, July 4<sup>th</sup> bingo, USA today puzzle <b>Art:</b> Patriotic sun visors <b>Life Skills:</b> 4 Places called Independence, USA-Guess Where <b>Health and Wellness Workshop</b></p>	<p>6 <b>Games:</b> Exercise, Passing the ball, Telephone Game, Magnetic dart game <b>Art:</b> Patriotic Sun Visors <b>Life Skills:</b> Field trip National African American Museum</p>
<p>12 <b>Games:</b> Exercise, family feud game, Bingo, Checkers, <b>Art:</b> Flag magnets/patriotic flag <b>Life Skills:</b> Fireworks Facts, Lets create something a blast <b>Health and Wellness Workshop</b></p>	<p>13 <b>Games:</b> Exercise, connect four, passing the ball, life stories, Music/dance <b>Art:</b> Flag magnets /Patriotic Fans <b>Life Skills:</b> Movie Day "Music Man"</p>