



# The Adult Day Program at the Enrichment Center



**Institute on Aging's Enrichment Center in the Presidio** is home to our **Adult Day Program**. This program offers social, cognitive, and physical activities for individuals living with dementia, allowing them to remain engaged and connected to the community while providing caregivers with a much-needed break. Participants often see improved mood, an increase in mind and body activity, slowed cognitive decline, better sleep and wake patterns, as well as a reduction in isolation and loneliness. Our dementia trained and certified staff specializes in supporting those with cognitive and physical challenges, while providing their supportive family members with respite opportunities.

## Adult Day Program Offerings:

- A modern, safe, supportive environment
- A respite for caregivers, allowing time to recharge
- A connection to community and access to educational resources
- Daily group exercise
- Mental and intellectual stimulation
- Activities that encourage artistic expression
- Homemade meals made with fresh ingredients
- Personalized daily assistance as needed



Comprehensive Dementia Services by Institute on Aging

Companioa is an integrated group of programs designed to support individuals living with dementia and their caregivers. Specialized services include Caregiver Coaching, Care Management, Home Care and the Adult Day Program at the Enrichment Center in the Presidio.



I am so relieved knowing I can be at work while my father is having a full and active day. I'm so happy we found the Adult Day Program at the Enrichment Center. It's changed our lives."

- Caregiver Testimonial



This program serving the community is funded by the City of San Francisco's Department of Disability and Aging Services

