



## **Sereni Day Adult Day Program**

### ***Adult Day Care & Support Services***

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#### **Welcome to Sereni Day**

At **Sereni Day Adult Day Program**, we provide compassionate, structured adult day services in a safe, welcoming environment. Our program is designed to support older adults who benefit from supervision, social engagement, and personalized care during the day—while offering families peace of mind and dependable caregiver support.

Sereni Day Adult Day Program operates **Monday through Friday from 7:30 AM to 4:00 PM**, offering extended morning hours to support working families and caregivers. Participants enjoy a consistent daily routine that promotes comfort, engagement, and overall well-being.

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#### **Our Mission**

Our mission is to enhance the quality of life for older adults by providing compassionate, dependable adult day services that promote independence, wellness, and social connection—while supporting families and caregivers every step of the way.

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#### **Who We Serve**

Our program may be appropriate for:

- Older adults who require daytime supervision
- Individuals experiencing memory loss or cognitive changes
- Seniors seeking structured activities and social engagement
- Families and caregivers in need of reliable daytime support and respite

Each participant is assessed individually to ensure that Sereni Day Adult Day Program is an appropriate and supportive placement.

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## **Hours of Operation**

Sereni Day Adult Day Program operates:

**Monday through Friday**

**7:30 AM – 4:00 PM**

Our hours are designed to provide families with dependable daytime coverage while maintaining a structured, supportive schedule for participants.

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## **Our Services**

### **Adult Day Care Services**

We provide supervised adult day care in a structured, supportive environment that promotes safety, engagement, and dignity.

Services include:

- A safe, monitored setting
- Structured daily programming
- Supervised group activities and social interaction
- Rest and relaxation areas
- Ongoing observation and support by trained staff

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### **Dementia & Alzheimer's Support**

Sereni Day offers person-centered care for individuals living with dementia or Alzheimer's disease.

Our approach includes:

- Consistent routines and familiar structure
- Cognitive stimulation activities
- Calm redirection and reassurance
- Respect for each participant's dignity, comfort, and abilities

Care is provided in accordance with best practices for memory support and state guidelines.

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### **Therapeutic Activities & Social Engagement**

Daily activities are designed to support mental, physical, and emotional well-being.

Activities may include:

- Arts and crafts
- Music and group discussions
- Games and puzzles
- Light physical movement and exercise
- Seasonal and themed programming

Participation is encouraged based on individual interest and ability.

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### **Assistance with Activities of Daily Living (ADLs)**

Our trained staff provide supportive assistance as needed, while encouraging independence whenever possible.

Assistance may include:

- Mobility support
  - Personal care reminders
  - Toileting assistance
  - Supervision to ensure safety and comfort
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### **Daily Meals & Nutrition**

Participants at Sereni Day receive **breakfast, lunch, and snacks daily** as part of the program.

Meals are:

- Nutritious and well-balanced
- Served at regularly scheduled times
- Provided with attention to dietary needs, restrictions, and preferences
- Accompanied by hydration throughout the day

Meal services are provided in accordance with applicable health and safety regulations.

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### **Transportation Services *(If Applicable)***

Transportation assistance **may be available** for eligible participants, depending on location and scheduling.

Transportation services, when offered:

- Are provided in a safe and timely manner
- Support consistent attendance
- Are coordinated with families and caregivers

Availability, service areas, and eligibility will be discussed during the enrollment process.

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### **Caregiver Support & Respite**

Sereni Day Adult Day Program provides reliable daytime care that allows caregivers to:

- Maintain employment or personal commitments
- Attend appointments
- Rest and recharge

Families can feel confident knowing their loved one is cared for in a safe, supportive environment.

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### **Our Approach to Care**

We follow a **person-centered care model**, recognizing that each individual has unique needs, preferences, and abilities.

Our commitment includes:

- Compassionate, respectful care
  - Qualified and trained staff
  - Consistent routines
  - Open communication with families
  - Compliance with Connecticut state regulations
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### **Safety & Licensing Commitment**

Sereni Day Adult Day Program is committed to:

- Maintaining a clean, safe, and accessible facility
- Meeting all **Connecticut Department of Social Services (DSS)** adult day care licensing requirements
- Protecting participant rights, privacy, and dignity

- Following established health, safety, and emergency procedures
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### **Admissions & Enrollment**

Enrollment includes:

- Initial consultation with our team
- Review of participant needs and eligibility
- Completion of required documentation
- Determination of appropriate services


Our staff are available to guide families through each step of the process.


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### **Schedule a Tour**

We invite families and caregivers to visit our center, meet our team, and learn more about our services.

 Phone:

 Email: [info@serenidayct.com](mailto:info@serenidayct.com)

 Website: [serenidayct.com](http://serenidayct.com)

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## **Sample Daily Schedule**

*(Subject to change based on participant needs and programming)*

### **7:30 – 9:00 AM**

Arrival & Breakfast

- Participant check-in
- Morning socialization
- Breakfast served

### **9:00 – 10:30 AM**

Morning Activities

- Cognitive stimulation activities
- Group discussions, games, or crafts

### **10:30 – 11:30 AM**

Movement & Wellness

- Light exercise or guided movement
- Individual or small-group activities

### **11:30 AM – 12:30 PM**

Lunch

- Nutritious lunch served
- Social dining experience

### **12:30 – 1:30 PM**

Rest & Relaxation

- Quiet time
- Individual engagement as needed

### **1:30 – 2:45 PM**

Afternoon Activities

- Music, games, or themed programming
- Social interaction and engagement

### **2:45 – 3:30 PM**

Snacks & Social Time

- Afternoon snack
- Conversation and light activities

### **3:30 – 4:00 PM**

Wrap-Up & Departures

- Preparation for pick-up or transportation
  - End-of-day transitions
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