

## The Benefits of joining the Day Program

### **Independence and Skill Development**

- Skill Building: For adults with disabilities, day programs offer training in life skills (cooking, cleaning) and vocational skills to support independence.
- A "Step Up" from Isolation: It acts as a bridge between home isolation and full-time care, allowing individuals to maximize their independence for as long as possible.

### **Benefits to Families and Caregivers**

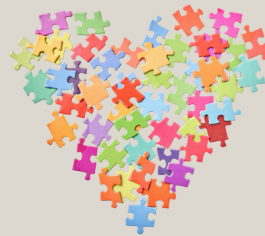
- Essential Respite: Day programs provide caregivers with a necessary break to work, run errands, or rest, preventing burnout.
- Safety and Peace of Mind: Knowing their loved one is safe, engaged, and receiving professional supervision alleviates caregiver stress.
- Delayed Institutionalization: By providing daily support.

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**BROWNSTONE**  
FAMILY LLC

# Brownstone Family Day Services



109 Salem Street  
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# Licensed and Accredited



**CARF** (Commission on Accreditation of Rehabilitation Facilities)

Demonstrates compliance with rigorous standards in safety, person centered care and dedication to continuous improvements

# The Brownstone Way

- Welcoming
- Compassionate
- Supportive and Inclusive
  - Person Centered
- Structure and Routine
- Educational and Engaging



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## **Social and Emotional Well-being**

- **Reduced Isolation:** Participants engage with peers and staff, combating loneliness and depression.
- **Meaningful Engagement:** Structured activities such as music, games, arts, and crafts provide stimulation, purpose, and joy.
- **Boosted Self-Esteem:** A sense of belonging and community inclusion increases confidence.

## **Improved Physical and Mental Health**

- **Professional Care & Monitoring:** Qualified staff manage medications, monitor health conditions and provide care for specialized needs.
- **Personalized Therapeutic Activity:** Programs offer physical exercises
- **Improved Daily Routines:** Regular schedules can improve appetite, sleep, and overall health

