

# DAYBREAK RESPITE CARE

A program provided by Aging Life Care™ of Lutheran Social Services of North Dakota



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*‘A break when you need it, so you’re there when you’re needed.’*

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Even the most dedicated and loving caregivers occasionally feel overwhelmed or exhausted, or need free time to run errands, attend important appointments or just enjoy a little down time.

Daybreak makes that possible. Developed by the Aging Life Care™ team at Lutheran Social Services of North Dakota, Daybreak is a drop-off respite-care center located in the historic and beautifully restored **Legacy Living Center, 419 5th St. N.E., Jamestown**. In this safe and welcoming setting, we provide high-quality care and engaging therapeutic activities for disabled and/or elderly adults for up to several hours at a time.

## **Who qualifies as a caregiver?**

Anyone who provides full- or part-time care for a family member, friend or neighbor and is searching for a safe, positive environment where their friend or family member can stay for a few hours.

## **Who will staff the program?**

The program is supervised by Jim Holben, a Licensed Master Social Worker/Certified Therapeutic Recreation Specialist, who has worked with people with disabilities for 31 years.

Direct care is provided by staff who are certified as Qualified Service Providers (QSP) or Nursing Assistants (CNA) Staff can assist with personal cares as needed (toileting, transfers, feeding assistance, etc.)

We will maintain a low client-to-staff ratio to help ensure each guest receives compassionate, professional, person-centered care.

## **What types of programming will you offer?**

Our goal is to provide a healthy mix of engaging, interactive activities, which are fun and rewarding to guests, while also serving to stimulate all aspects of their well-being.

Typical programming might include:

- Physical movement/activities: yoga, walking, chair exercises, bowling, outings, horseshoes and bocce ball.
- Social engagement/activities: games, cards, movies, arts and crafts, special events, holiday parties, volunteer opportunities.
- Soul-sustaining activities that stimulate memories and positive emotions: reminiscing sessions, movies, art and crafts, music, cooking, painting and spectator sports.
- Cognitive exercise: therapeutic music, experiential learning (learning by doing, practicing, repetition and preparation), storytelling, board games (Scrabble, Wheel of Fortune, trivia).
- Spiritual activities: Watching a sun set, spending time in nature, watching birds and squirrels, planting and harvesting flowers and crops.

A daily snack or lunch also will be provided, depending on the day. We ask that caregivers identify relevant food allergies or issues during intake.

## Will I need to make advance reservations to use the services?

Although advance reservations may help ensure an opening for a guest on the day you need it, Daybreak respite-care also reserves spaces for emergency drop-offs during designated group times.

Please be aware that our center hours are limited. We are open:

- 9 a.m. to 1 p.m. (including lunch option) Tuesdays
- 2 to 5 p.m. Thursdays
- By appointment

*Note: We are not open on holidays.*

## What if there's an emergency while a guest is with you?

We collect all relevant information at the first visit so we can guarantee the best care for each individual, appropriate assessments, medical information, potential risks, emergency care, and caregiver contact information. We also will ask you to identify any of the guest's potential habits, such as wandering behavior, that will help us ensure that they stay safe and feel comfortable.

Our staff consists of Certified Nursing Assistants who are trained on how to respond to emergencies. The Daybreak Respite-Care Center also is outfitted with a first-aid kit and AED machine.

## What does the program cost?

Group rate \$20, individual/by appointment rate \$28

Daybreak staff can assist caregivers in applying for a Lifespan Respite Grant to help cover cost of services.

## Want to learn more?

Contact Aging Life Care™ LSSND at **701-271-3295 (Jim)** or **701-271-3232 (Carmel)**

[www.lssnd.org/aging-life-care](http://www.lssnd.org/aging-life-care)

## Legacy Living Center

419 5th St. N.E., Jamestown

