**Caregiver Respite Drop-off Program**

**The Jenks Center**

**109 Skillings Road, Winchester MA 01890**

The Winchester Council on Aging strives to support caregivers by allowing a brief respite to attend an appointment, do errands, or attend to other needs that can be difficult as role of caregiver. All the while, your loved one will be in a safe, supervised, and stimulating environment. Different activities will be offered like chair exercise, music, storytelling, and games. A light lunch will be served.

This non-medical weekly program aims to provide a safe and nurturing environment for adults with various types of impairment such as: Mild Cognitive Impairment (MCI), Alzheimer’s Disease, Parkinson’s Disease, and other forms of dementia.

This new program will be twice a month. Sign up is required a week ahead of each session. A brief pre-screening is required before attending. There is no fee, and the program is open to Winchester residents and surrounding communities. Space is limited.

**Criteria for Participants in the Program:**

* Age 60 years and older.
* Continent of bathroom needs.
* Ability to feed themselves.
* Not verbally or physically abusive.
* Able to be re-directed if prone to wandering.
* Best suited for individuals who are ambulatory (may use a cane, walker, or wheelchair)

**Please contact Colleen Wages, Jenks Nurse, at 781-721-7136**