

ROGER B. TRASK
ADULT DAY HEALTH PROGRAM

A CARING PLACE TO CONNECT,
THRIVE & FEEL AT HOME



COMPASSIONATE CARE • MEANINGFUL ACTIVITIES • FRIENDSHIP • PEACE OF MIND

The Roger B. Trask Adult Day Health Program

provides a warm, friendly, and structured setting where older adults can enjoy stimulating activities, social opportunities, and individualized support.

Our modern facility was specifically designed to meet the needs of older adults and offers comfortable, up-to-date furnishings and amenities.

OUR GOAL

We strive to help each participant:
Maintain or improve their current abilities
Remain active and engaged
Build friendships and social connections
Develop confidence and independence
Feel valued and respected
Activities are planned around participants' individual interests, abilities, and levels of functioning.

COMPREHENSIVE CARE & SUPPORT

Our professional team provides health care, supervision, assistance, and activities throughout the day.

- Health & Personal Care
- Skilled/Individualized nursing care
- Medication management
- Health monitoring
- Assistance with personal hygiene
- Assistance with toileting
- Supervision

Daily Services

- Wholesome meals
- Exercise
- Socialization
- Counseling
- Group activities
- Individual activities
- Information and referrals
- Other social services, as needed

For more information or to schedule a center tour:
Please contact our program manager, Alicia Muzarol

79 Central Street Peabody, MA - 01960
Telephone: (978) 531-2254 Ext. 134
Email: Amuzarol@peabodycoa.org

ROGER. B TRASK **ADULT DAY HEALTH PROGRAM**

WHO CAN BENEFIT?

The program may be especially helpful for individuals who:

- Are home alone during the day but would benefit from supervised care
- Have limited ability to function independently
- Are physically impaired
- Experience social isolation
- Would benefit from structured activities and supportive services

A DEDICATED TEAM

Participants receive care & support from:

- Program Manager
- Registered Nurses
- Licensed Social Worker
- Activities Coordinator
- Certified Nurse Assistants
- Trained Volunteers

FAMILY & CAREGIVER SUPPORT

Families and caregivers receive:

- Peace of mind knowing their loved one is safe and cared for during the day
- Respite for caregivers who are at home
- Freedom to work, attend appointments, run errands, or enjoy personal time
- A cost-effective way to support a loved one's ability to remain at home while promoting safety and emotional well-being

Our Social Services staff can also assist with the enrollment process and provide information and referrals when additional resources are needed.

FINANCIAL & TRANSPORTATION INFORMATION

Program costs may be covered through:

- Medicaid
- Private payment
- Financial assistance for those who qualify

Transportation can be arranged by the Center (Depending on location)