



The Peace of Mind program offered by Park Slope Geriatric Day Center and Senior Helpers provides families coping with Alzheimer's and dementia-related disorders a solution of physical, mental and social activity.

A comprehensive plan of care is provided to each family that includes individualized home care and adult day services.

In addition, family caregivers are able to benefit from flexible schedules, individualized care and support groups for emotional encouragement.



Peace of Mind Program

Comprehensive Memory Care

Live-In Solution

The live-in solution provides a caregiver in the home with your loved one at all times. This solution is only available with seven day home care. In addition, your Senior Helpers' caregiver will accompany your family member to the Park Slope Geriatric Day Center.

Days at Center/ Days with a Caregiver	Average Hourly Cost	Average Daily Cost	Weekly Cost
2 days: Center 7 days: Home-care	\$9.79	\$235	\$1645
3 days: Center 7 days: Home-care	\$10.21	\$245	\$1715

*** Transportation costs additional

***Days at the Geriatric Day Center may be increased for additional cost

Weekly Solution

The weekly solution provides an answer for daily care from Monday through Friday. A schedule to meet your family needs will include days with an in-home Senior Helpers' caregiver for 6 hour shifts and days spend at the Park Slope Geriatric Day Center.

Days at Center/ Days with a Caregiver	Average Hourly Cost	Average Daily Cost	Weekly Cost
2 days: Center 3 days: Home-care	\$15.44	\$105	\$525
3 days: Center 2 days: Home-care	\$15.28	\$110	\$550

*** Transportation costs additional

***Home care shifts may be increased for additional cost

Services Available

Physical

- Exercise assistance
- Monitoring of activities of daily living
- Diet & Meal Management
- Yoga & Thai chi
- Housekeeping & Laundry
- Medical liaison
- Medication reminders
- Transportation

Social

- Emotional support
- One on one care
- Interaction with staff and other members of Day Center
- Companionship in the home setting
- Trips into the community

Cognitive

- Art
- Music
- Games
- Computer based cognitive training
- Sensory Stimulation
- Assistance planning and carrying out activities

and many more...

For more information contact:

Park Slope Geriatric Day Center • 718-499-7701 • www.psgdc.org
Senior Helpers • 646-214-2086 • www.seniorhelpers.com

