



Movement therapist Erica Hornthal, the owner of Chicago Dance Therapy, leads the group in movements to a variety of music selections.

BACOA's "A DAY OUT" Adult Day Program

THE BARRINGTON AREA COUNCIL ON AGING provides resources, information, guidance, and programs for caregivers who need help for the aging loved ones in their lives.

One of the available options—designed to benefit both the caregiver and their aging adult—is called "A Day Out" Adult Day Program. Studies have demonstrated that isolation and loneliness are serious health risks and lead to premature death—especially in the elderly. BACOA's focus ensures that there are socialization opportunities for aging adults, including those with health-related challenges. Since 2014, A Day Out group participants enjoy meaningful activities, form friendships, and enjoy a sense of independence. The monthly activity schedule includes a board-certified movement, music, and art therapist

along with chair fitness, yoga/meditation, pet, and nature therapy.

The A Day Out respite program meets on Mondays, Thursdays, and Friday from 10 a.m. to 2:30 p.m. The cost is \$45 per day which includes a schedule of fun and engaging activities for attendees. During that time, caregivers find a much-needed half-day of time to focus on work, errands, or time to focus on their own health and well-being. Caregivers also have access to information and support services through BACOA.

Memory Programs Director Pam Pellizzari runs this program along with support from BACOA's volunteers and local meeting space generously provided by Lutheran Church of the Atone-ment in Barrington. As a Certified Dementia Practitioner and also holder of a State of Illinois



Pam Pellizzari is BACOA's Memory Programs Director.



BACOA volunteers and program participants work on an art therapy project.



Participants work on the tree art project directed by art therapist Colleen Ostrander.

Activity Director Certification, Pellizzari brings sensitivity and expertise to her clients. “I have also studied Gerontology at the undergraduate and graduate level,” she said. “My education and certifications help me to better understand the aging process and the unique challenges people living with dementia face. I plan and facilitate fun and engaging activities in a safe supportive environment that allow our group participants to freely express themselves and meaningfully engage in life.”

A SOCIAL MODEL PROGRAM

As “social model” program, the primary focus of the social model is to create opportunities for socialization and recreation. This program is intended for people with mild cognitive or physical impairments and early-stage memory loss. Caregivers who are interested in learning more may call the BACOA office for an initial phone interview, which is followed by an observation of the program with their family member. If the program is determined to be appropriate for their needs, the program director conducts an evaluation. Participants need to have the ability to eat, take medications, and use the toilet independently as part of the qualification process.

“We hold the program at the Lutheran Church of the Atonement in Barrington and are truly grateful for their partnership in providing this program to the community,” Pellizzari said. “Our program is also enriched by our staff of 18 volunteers who donate their valuable time and talents.”

BACOA is located at 6000 Garlands Lane, Suite 100, in Barrington. Learn more by calling 847-381-5030 or visit online at www.bacoa.org.



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