

My Second Home

INDEPENDENCE • DIGNITY • CHOICE

KEY FACTS

WHO WE ARE

My Second Home, a program of **Family Services of Westchester**, established in 1998, is a social model adult day program that provides a safe, nurturing and home-like environment for older adults to continue to find meaning and dignity in their daily lives. The program provides impaired older adults the opportunity to age in place, while supporting and strengthening the family system of caregivers who wish to keep loved ones at home and engaged in the community. Wellness activities, personal care, a warm and stimulating environment, excellent nutrition and transportation that is “living room to living room” are offered to our participants.

WHO ATTENDS

Older adults 50+ with some level of physical and/or cognitive impairment.

WHY WE ARE UNIQUE

My Second Home is an exciting, innovative model that combines adult day care with an intergenerational program. Under one roof, **The JEWEL Program** (*Joining Elders with Early Learners*), brings older adults and children from Mount Kisco Child Care Center together on a daily basis to share activities as well as life experiences. A recent Fordham University study demonstrated participants experience an increased sense of well being and greater satisfaction with life, while children experience the sense of security and self-worth that a caring relationship with a senior can provide.

WHY WE ARE IMPORTANT

As a social model adult program we fill a significant gap in services for older adults between senior centers and much more costly medical models of care. As such, we allow impaired older adults to remain with their families and engaged in their community.

- Older adults do better when they are able to age in place and be active in their families and home communities.
- We provide essential respite care for family members so that they can continue to work, maintain wellness and care for young children.
- Our innovative intergenerational program has demonstrated positive outcomes for older adults as well as children.
- Social model day programs are less expensive than medical model day programs.
- We are one-third the cost of in-home care.
- We are one-fifth the cost of nursing home care.



AWARDS

- 2014** Outstanding Adult Day Center Award from the National Adult Day Services Association
- 2014** MUSIC & MEMORYSM Certified Care Facility Partner
- 2013** Living with Alzheimer's film, "My Little Friends" <http://livingwithalz.org/my-little-friends/>
- 2011** Mind Alert Award from American Society on Aging and the Met Life Foundation
- 2010** Recognized by the Alliance for Children & Families as an Innovative Model of Care for Older Adults
- 2008** National Best Practices Award Winner by the MetLife Foundation and Generations United
- 2007** Non-Profit Agency of the Year, Mount Kisco Chamber of Commerce

WHAT YOU NEED TO KNOW

- Socialization, exercise, and good nutrition are the best ways to delay the natural progression of Alzheimer's disease and other dementias.
- A five year delay of onset would save the US \$8.51 trillion.
- 15 to 18% of older adults are estimated to suffer from depression.

My Second Home is a program of Family Services of Westchester

FSW, established in 1954, is a non-profit mental health and social services agency dedicated to strengthening and supporting children, families and individuals at every stage of the life cycle. FSW is at the forefront of developing high-quality, innovative programs that help older adults live their later years with dignity.

