



ROCK HARBOR RESPITE AT ORLEANS SENIOR CENTER

ROCK HARBOR RESPITE
at the Orleans Senior Center
150 Rock Harbor Road, Orleans, MA

What is Rock Harbor Respite?

Rock Harbor Respite is *an adult supportive day program* offering a safe, caring, person-centered environment for older adults in need of social engagement and those with physical limitations and cognitive changes. We offer a structured day that includes music, art and fitness to promote optimal social, emotional and physical wellness, while allowing participants to remain in their own homes for as long as possible.

Rock Harbor Respite Hours

Monday through Thursday
9:30am to 2:30pm

Location

Rock Harbor Respite is located within the Orleans Senior Center in its own area and is designed for the comfort and safety of participants. Our beautiful and welcoming environment is adjacent to our accessible patio and garden pathway, enhancing our home-like environment. Our physical address is Orleans Senior Center, 150 Rock Harbor Road, Orleans, MA.

Mission Statement

Rock Harbor Respite offers a caring, safe and person-centered environment where participants engage in a variety of activities designed to enrich their daily lives. We provide a program which focuses on socialization and participants' capabilities, experiences, interests, and personalities, so their potential may be fully maximized, while providing care partners with essential respite time.

About Our Staff

Rock Harbor Respite program staff receive ongoing training on providing care for aging individuals including dementia training, and all staff are required to be current with CPR and first aid certification. We maintain a staffing ratio of one paid staff member for every six participants.

Fees

Orleans residents: \$50/ day

Non-residents: \$65/ day

(NOTE: Town of residence subsidizes attendance fees to cover actual program costs.)

- Fees inclusive of all activities and meals.
- Rock Harbor Respite is open to residents of Orleans, Brewster, Eastham, Harwich, and Wellfleet ONLY.
- We are no longer accepting new referrals of Chatham participants. Chatham families are encouraged to contact the Chatham COA, as they are now hosting their own supportive day program.
- Orleans COA staff are unable to submit insurance forms or aid in the claim process for participants.

Trial Day

A complimentary trial day is required for potential participants who meet eligibility criteria. When new participants enter the program, evaluation and discussions with caregivers allow for a smooth transition. ***To learn more about scheduling a trial day, call 508-255-6333.***

Transportation

Transportation to and from Rock Harbor Respite is available at no-cost to Orleans residents via safe, handicap-accessible lift-equipped vans through the Orleans COA transportation program. Other towns may provide transportation through their COA for a nominal fee. Please inquire at your local senior center.

Participant Eligibility

- Be able and willing to follow simple instructions and directions.
- Be willing and able to participate in group activities in a social setting.
- Be non-combative, and no threat to others, or to themselves.
- Be continent of bowel and bladder.
- Be able to attend to activities of daily living, including eating, dressing and toileting, with limited assistance.
- Be able to administer your own medications if required.

Meals

Delicious, nutritionally balanced, home-cooked meals are served daily. All snacks and meals are included in the daily program fee.

Rock Harbor Respite Activities

- Daily News
- Morning Coffee/Tea & Snacks with Conversation
- Daily Sit Fitness or Chair Yoga
- Word Games
- Art Classes
- Croquet & Corn Hole
- Tavel Logs

- Music Programs
- Indoor Bowling & Golf
- Gardening
- Holiday Events
- And more!

Respite for Caregivers

Caring for a loved one can be a rewarding experience, but it can also be physically and emotionally exhausting. Research indicates that caregiver stress takes a toll on one's physical, social, emotional, and financial health. Rock Harbor Respite offers respite time for caregivers in order to:

- Help reduce daily caregiving stress.
- Allow time needed to attend to personal responsibilities or errands.
- Provide respite while knowing your loved one is well cared for and spending their day in a safe, supportive, caring, and engaged environment.

Contact Us for More Information

Rock Harbor Respite Program
Orleans Senior Center
150 Rock Harbor Road
Orleans, MA 02653
Phone: 508-255-6333 Ext .19
Fax: 508-240-6936

Program Staff Contact

Maria Cecchi, Rock Harbor Respite Program Director

NOTE: If not immediately available, please leave a message as calls cannot always be taken while the program is in session.