Day-Break Club of The Villages
The Need

Based on an Easter Seals 2012 survey of about 1000 Villages residents, over 95% of the respondents indicated a need for a location whereby caregivers could leave loved ones with special needs for a few hours. This location would allow those with limitations to safely relax and have supervised activities.
80% of people over 65 are living with 1 chronic illness and 50% of people over 65 have at least two chronic illnesses (Healthy Aging at a Glance, CDC.gov, 2011)
13% percent of people over 65 has Alzheimer’s disease (2012 Alzheimer’s Association Disease Facts and Figures Report)
45% of people over 85 has Alzheimer’s disease (2012 Alzheimer’s Association Disease Facts and Figures Report)
1.5-2.0% of the population older than age 60 develops Parkinson’s disease (Cleveland Clinic Center for Continuing Education)
In the Villages 8.6% of the USF survey respondents indicated caregiving responsibilities, a low percentage by National Standards. With a population of 86,000 and a survey respondent rate of 30% that would mean 2,219 people are care givers.
Applying the National average (ages 55 to 64-29% and > 65- 23%) of Caregivers to The Villages population would be 20,502. (Family Caregiving in America-Facts at a Glance)
Day-Break Club of The Villages

First Efforts

Approached Easter Seals & The Villages to explore options for adult daycare...
Full center was not practical due to conflicting resources...
Decided to start small ... and the result was....
Day-Break Club arose

The term *Day-Break Club* was developed as a break for caregivers one day a week.

Note: 60% of the caregivers die before their loved ones...
Mission Statement

The Day-Break Club of The Villages supports adult residents of The Villages with special needs, and their caregivers, ensuring that they have equal opportunities to participate in supervised recreation activities and live The Villages lifestyle.
Day-Break Club of The Villages

Club Description

The *Day-Break Club of The Villages* intends to provide a supervised location where caregivers leave loved ones who have special needs for a few hours each week. Members of the club receiving services are *Day-Breakers*; *Day-Break Volunteers* provide supervision; and they are coordinated by the *Day-Break Leadership Team*. 
Where we meet...

Location: Odell Recreation Center
Time: Tues, 1:30 – 4:30 pm
Day-Break Club of The Villages

* Typical Day Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1:00 - 1:30</td>
<td>Registration / Greet Day-Breakers, get them settled, music playing in background</td>
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<tr>
<td>1:30 – 2:00</td>
<td>Introductions, discuss current events and trivia</td>
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<tr>
<td>2:00 - 2:30</td>
<td>Exercise time</td>
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<td>2:30 - 2:45</td>
<td>Snack*</td>
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<tr>
<td>2:45 – 3:15</td>
<td>Interactive games / horse racing, bingo, and more</td>
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<tr>
<td>3:15 - 4:00</td>
<td>Entertainment*: Karaoke, Sing-a-long, Pet Therapy, Clowns, Poker, Vocal and Instrumental groups also may be incorporated.</td>
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<tr>
<td>4:00 to 4:30</td>
<td>Check out Day-Breakers for pick up</td>
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</tbody>
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Note: All food and entertainment donated
Oh we have fun!

Note: any pictures here are for the private use of the Day-Break Club and may not be copied or used for any other purposes.
Day-Break Club of The Villages

Day-Breakers (Members) and Caregiver Information

*
Day-Break Club of The Villages

Guidelines for membership

1. All registration forms at our website (www.day-break-club.org) or at USF Health office in Sumter Landing. All applications reviewed by professionals

2. Attendance must be on a regular basis (every Tuesday) due to popularity.
3. If Member misses 2 sessions, a review will be done with the spouse/caregiver.

4. Spouse/caregiver must sign Day-Breaker Member in and out. Name tags will be given out and will need to be returned before leaving for the day.
   NO DROP OFFS.

5. Day-Breakers must be able to take his or her own medication if needed. Volunteers can remind them.
6. Medical Information card must be carries by the Member
7. Day-Breakers must be independent with use of the restroom.

Reminder: This club is all volunteers with no specialized training. Supervised games and activities will take place for the benefit of the Day-Breaker Members.
8. Spouse/caregiver must be within 20 miles of the Odell Recreation Center – AND, must have a cell phone so they can be reached in case of an emergency.

9. If medical concerns arise, 911 will be called. If club member falls, 911 will be called for lift assist and evaluation. Caregiver will also be called.

10. Sign-in will be from 1:00 p.m.-1:30 p.m.

11. Pick-up will be from 4:00 p.m. to 4:30 pm.

12. Two tardy pick-ups will mean a loss of membership.

13. If there is a special diet need please bring your own snacks. There will be a small snack break.

14. Day-Breakers and Caregivers must sign The Villages Recreational Facilities Waiver prior to joining the club.

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Day-Break Club of The Villages

We are Looking for Volunteers...

Information Packet available online: www.day-break-club.org

Please Contact

Mickey Baughman

(727) 743-6854
Day-Break Club of The Villages

Expectations of a Volunteer

Must be a Villager with ID card
Arrive at The Odell Recreation Center at least 30 minutes early.
Sign the “Sign-In Sheet for Volunteers”.
Wear a “Volunteer” Lanyard (Will be provided!).
Wear a smile and show a positive attitude. Have a cheerful disposition.
Be polite and patient at all times.
Try to be caring and compassionate.
Wear comfortable, relaxed clothing, closed toe shoes.
Training sessions will be provided.

Responsibilities will include:
Colored Dots on the Day-Breakers name badge indicate special needs. Know what they mean (will be posted).

Have a Good Time!!!

Watch the exits – no one should leave unattended.
Help Day-Breakers sign in and out.
Assist with Activities.
Aid in serving drinks and/or snacks.
Monitor persons who have to use the bathroom (Limited to ONLY being present/NOT assisting) - Make sure they wash their hands afterwards.
If a Day-Breaker needs something, try to help them.
If someone falls, DO NOT lift them. 911 will be called.
If someone other than the Caregiver picks up a Day-Breaker, be sure to verify the name and request a Driver’s License to confirm identity.
If you have any difficulties, please see a “Committee Member” (Blue Lanyard), who will be more than happy to help!!!
Day-Break Club of The Villages

Thank You !!
Any Questions?

For Additional Information ...

We are willing to mentor other organizations who may want to start a similar service...