Great Days for Seniors is an integral part of Hebrew SeniorLife, the largest provider of senior health care and senior living communities in New England, and an affiliate of Harvard Medical School.

As the need arises, day program participants may be referred to other services in the HSL continuum of care, including short-term rehabilitation, home health care, rehabilitation therapies, and much more.

Adult Day Health Programs

Reinvent your day at Great Days for Seniors

With locations in Roslindale and Brighton, we’re giving seniors and their families in Greater Boston more choices for expert geriatric care in a day program setting.

Expert Care for Seniors and Support for their Families
Our approach is personalized to:
• Improve a sense of well-being for individuals experiencing dementia.
• Provide increased support for individuals with lifelong mental health issues.
• Help individuals with physical limitations improve their quality of life.
• Assist, as needed, with activities of daily living.

Seniors who live in Greater Boston can take advantage of Great Days for Seniors at two convenient locations, in Roslindale and Brighton.

How to Make a Referral or Schedule a Tour
The first step is a visit to the program. Staff members are available to discuss eligibility, payment, and transportation options.

Recognizing that a transition to a new program can be a difficult time for some seniors, our staff partners with family members to ensure a smooth transition.

A physician’s order is required for enrollment.

Family members, health care professionals, and seniors themselves can make referrals to Great Days for Seniors by calling:
(617) 363-8515 in Roslindale • (617) 912-8452 in Brighton

Great Days for Seniors

Great Days for Seniors at Hebrew Rehabilitation Center in Roslindale
1200 Centre Street, Roslindale, MA 02131
(617) 363-8515
Hours of Operation:
Monday through Friday, 9:00 am to 3:00 pm.

Great Days for Seniors at Wallingford Road in Brighton
30 Wallingford Road, Brighton, MA 02135
(617) 912-8452
Hours of Operation:
Monday through Saturday, 8:00 am to 2:30 pm.

www.hebrewseni life.org/adult-day-care
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Expert Care for Seniors and Support for their Families

Reinvent your day at Great Days for Seniors
Great Days for Seniors enhances the lives of seniors who live at home. Our programs help prevent isolation and reduce depression and anxiety. Seniors socialize and engage with their peers and take part in fitness programs, creative arts, discussion groups, field trips, and other activities. Programming is tailored to meet the special needs of each participant.

Staffed by licensed nurses, social workers, recreation specialists, and certified nursing assistants, our adult day health programs allow participants to function at their best emotionally, physically, and intellectually, whether they need nursing care and supervision, or socialization in a structured community setting. Older adults with memory disorders and other health conditions maintain – or regain – their independence and maximize their potential.

Participants’ families are also important to us. We offer support and education to help alleviate the stress that family caregivers often experience.

### Why Choose Great Days for Seniors?

- More than 23 years of experience providing expert geriatric care in a day program setting.
- Our experienced staff provide top-quality care serving a diverse group of seniors.
- We offer meaningful activities where participants of all abilities maximize their strengths and discover new interests.
- Our programs are licensed by the Department of Public Health. Licensure represents a comprehensive system of standards and oversight and ensures participants are receiving the appropriate level of care.
- Our program size is big enough for making new friends, but small enough for individual attention.

### Caring for Seniors with Dementia

We help seniors with Alzheimer’s disease and other forms of dementia feel safe and secure, while still maintaining connection to a community. Our programs meet the needs of seniors in the early stages of dementia and as the disease progresses. We provide person-centered care that is built on an understanding of each senior’s life history and interests.

All staff successfully complete the Alzheimer’s Association Habilitation Training Certification program.

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### Our Roslindale Location

Great Days for Seniors at Hebrew Rehabilitation Center in Roslindale is located in newly renovated space at Hebrew Rehabilitation Center. With lots of natural light, our comfortable setting includes a common area for large group activities and smaller rooms for additional programming.

Participants have easy access to the outside area, including a patio and raised garden beds. An enhanced elopement prevention system allows participants to walk about in a safe and secure setting.

Nutritious meals, prepared by Hebrew Rehabilitation Center’s executive chef, are served for breakfast, lunch and snack time. Please talk with a staff member if the participant requires a special diet.

Physical, occupational, and speech therapy services are arranged by program staff when prescribed by a physician.

### Our Brighton Location

Located at Jewish Community Housing for the Elderly (JCHE), Great Days for Seniors at Wallingford Road is a partnership between Hebrew SeniorLife and JCHE, which has been meeting the diverse linguistic and cultural needs of JCHE residents, as well as the Greater Brighton community since it opened in July of 1999.

The renovated space allows program flexibility and ensures all seniors receive the appropriate level of care. Participants take part in JCHE-sponsored field trips, concerts, and programs.

Staff at Great Days for Seniors in Brighton have expertise and experience caring for Russian and Chinese speaking seniors with Alzheimer’s disease, other dementias, and frailty due to health problems. Program staff speak Russian, Cantonese, Mandarin, and English.

We serve nutritious, catered meals including traditional Russian cuisine and Chinese specialties from area restaurants.
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