



Our mission is to enhance the quality of life for all our participating seniors and their families by adhering to the highest standards of social programming in a nurturing and safe environment. We strive to make our offerings and supports accessible to all eligible members of the community. Our staff is equipped with the best available training regarding elder care research and resources.



**Friends and Family
Adult Day Program**

Contact us at:

PO Box 287

Poughkeepsie, NY 12602

Visit us at:

4327 Albany Post Rd

Hyde Park, NY 12538

Or find us on the web at:

Friendsandfamilyprogram.net

and like us on Facebook:

Friends & Family Adult
Day Program, LLC

Tel (845) 229-2851

Fax (845) 229-2543



Friends and Family Adult Day Program

We are caring professionals here to support elders and caregivers in their pursuit of enriching social experiences.



Friends and Family Adult Day Program (FFADP) is a social model adult daycare program with a dual focus: the participants and their caregivers. While our day services are designed to meet the unique needs of older adults, we also provide caregiver support related to elder care. With staff specializing in the use of mental health counseling, creative arts, and personal care for seniors, it is our privilege to work with participants and caregivers and to provide the highest quality of social programming in our area.

When should I consider FFADP?

- When my elderly loved one can no longer be left alone safely
- When another family caregiver or I need a break from the challenges of day-to-day of caregiving
- When my elderly loved one is experiencing a decline related to a lack of social stimulation

FFADP Services:

- Daytime Supervision
- Caregiver Support
- Meals and Snacks
- Recreational Activities
- Music Therapy
- Cognition Programming
- Medication Reminders
- Community Outings
- Socialization
- Daily Exercise



Program Goals

- Enhance independence and coping
- Promote feelings of self-worth and self-efficacy
- Support active and healthy lifestyle
- Promote social interaction/ community involvement
- Address social, emotional, physical, cognitive needs
- Reduce depression, isolation, and loneliness

Hours of Operation

FFADP is open from 9:00 am to 3:00 pm
Monday through Friday



**Contact us today for an application and to
come and visit our beautiful facility!**

(845) 229-2851



Get to know us!

Executive Director, Myriam Jeanty-McCalla has attained her Bachelor of Arts in Psychology from Mount Saint Mary College, a Certificate of Graduate Studies in Public Health and Epidemiology from the University at Albany, and will soon earn her Master's degree in Public Health. She has been involved with the personal healthcare industry for 25 years.