

"You can sit and think about your pain,
or you can get out and forget about it--
lose yourself in activity and friendship
and be a part of life again."
--Sister Patrick Mary

Who Qualifies for Services?

Are you or your loved one...



60 + years of Age?



Coping with
physical limitations?



Recovering from
a stroke?



Living with
Parkinson's Disease?



Dealing with vision or
hearing loss?



Alzheimer's
or Dementia?

**If you answered yes to any
of these questions, then this
program might be for you!**

Bridging the path for older Alaskans to stay in their own homes longer.

Full Activity Schedule

Open Monday through Friday
7:30 AM – 5:00 PM

Professional and Respectful Staff

Sliding Scale Payment Plans

3 Free Introductory Visits for
Prospective Clients

Flexible and Individual
Service Schedule

Provide Support, Respite, and
Education for Caregivers

Call for Information!



The Bridge is funded in part by the
Alaska Division of Senior and
Disabilities Services and private
donations.



ccsak.org

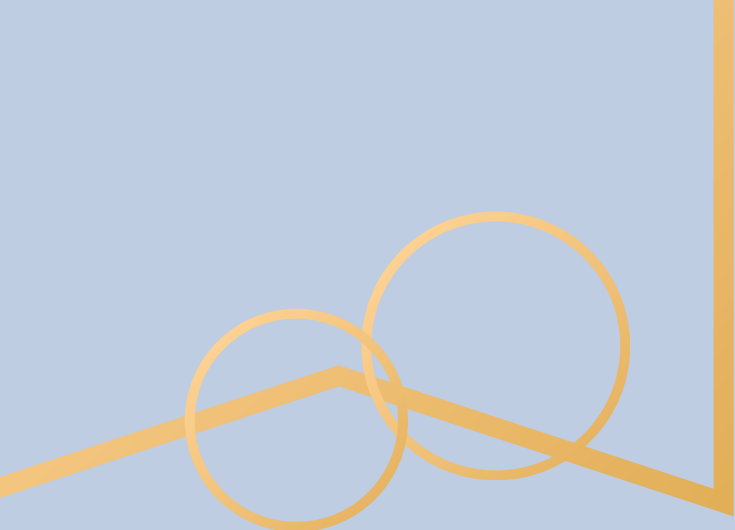
The Bridge is a program of Southeast
Senior Services, a division of Catholic
Community Service--dedicated to
helping elders stay healthy, safe, and
live as independently as possible.



THE BRIDGE
ADULT DAY
Program

1803 GLACIER HWY
Juneau, AK 99801

907-463-6171 ccsak.org



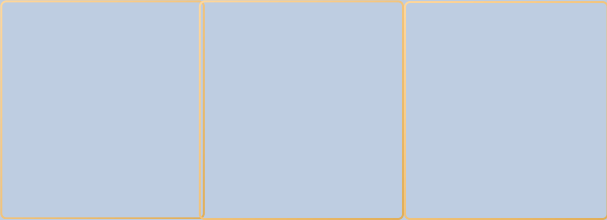
We are an Adult Day Program focused on providing socialization, cognitive stimulation, and physical activities to elders in Juneau with dignity, care, and compassion. Eligible elders are welcome to enjoy our comfortable, friendly, and safe environment. Our staff provides professional and respectful care meant to bring new energy and happiness to you and our loved one.

Our Services

- Mental Stimulation
- Physical Activity
- Sensory Stimulation
- Social Environment
- Direct Care from Staff
- Nutritious, hot meals and snacks
- Bathroom, shower, nail care
- Hair Care (for an additional fee)
- Holiday & Birthday Celebrations
- Live Music & Other Performances
- Hydroponic Gardening

Adult Day Services

Adult Day Services provide a supportive and protective group environment for individuals with ADRD, physical, emotional and/or other cognitive impairments while caregivers are away. These services also support an individual’s optimal level of functioning and independence in a supervised setting.



Admission Criteria

- 60 + years old
- Has a diagnosis of dementia, Alzheimer’s, traumatic brain injury, Parkinson’s, or is a stroke survivor
- Eats Independently when served food
- Visits the restroom independently
- Independently mobile with or without use of wheelchairs/walkers/canes, etc

Catholic Community Service



Southeast
Senior
Services

907-463-6118



SAFE Child
Advocacy
Center

907-463-6101



The Bridge
Adult Day
Program

907-463-6171

**Call for Information
Today
907-463-6171**

Activities & Games



“The Bridge gives me time to run errands, and to rest and recoup. Plus, I feel good about the stimulation Mom is receiving while attending.”

Arts & Crafts



“Without your service, my brother would be institutionalized in a nursing home far from family and friends.”

Celebrations



“Couldn’t think of a better program for both of us. Dad enjoys the activities, and I know he’s safe while I’m at work.”