

CONVENIENT LOCATION
MAKES IT EASY TO
COORDINATE YOUR SERVICES

ADULT DAY PROGRAM

Our location at Courage Kenny Rehabilitation Institute makes it easy to coordinate many of the services you want under one roof. Many of those who attend Rise Adult Day also receive therapies from Courage Kenny such as physical, occupational and speech therapies. They may also attend the fitness center and medical appointments. We are able to coordinate these appointments within your day at Rise.

Specially trained and certified team members

Rise's ADP team members are trained in CPR and first aid as well as medication administration. Several are also certified as brain injury specialists.

If you would like more information regarding Rise Adult Day, please contact Service Team Leader Lisa Heffner at 612.775.2285; email: lheffner@rise.org

We look forward to seeing you at Adult Day!



Administrative Offices:
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www.rise.org
An Equal Opportunity Employer



ADULT DAY PROGRAM IS DESIGNED AROUND YOUR NEEDS

Rise's Adult Day Program (ADP) was the first day program in Minnesota to specialize in brain injury services. We also serve those who have a physical disability such as multiple sclerosis, or arthritis. Services are offered at the Courage Kenny Rehabilitation Institute in Golden Valley.

Who comes to Rise?

Our Adult Day Program is comprised of a variety of people who are all on a journey. They range in age from the mid-20s to retirement age. Rise provides a unique opportunity for creating friendships and developing new possibilities for personal growth. Many have been attending Rise for several years; others may choose to stay a few months.

The key is that the program is really designed for what YOUR needs are.



ADULT DAY OFFERS RECREATIONAL AND SOCIAL ACTIVITIES



Flexible scheduling

Rise provides flexibility within the program. We are open Monday through Friday, 7:30 a.m. to 5 p.m., providing the greatest opportunity for individual scheduling. You can create your schedule to suit your own personal needs.

What does our day look like?

Rise's Adult Day Program offers many recreational activities during the busiest hours of the day (9 a.m. - 3 p.m.). There is plenty of opportunity for making and developing new friendships during the day while enjoying a cooking class or maybe an afternoon of gardening. We begin our day with our News Club. We also offer book clubs and discussions, as well as games and opportunities to learn new things and jumpstart our minds.

Once a month, we participate in activities in our local community for the morning. Twice a week, we have an art therapist who helps us to find our voice through art in working with multiple media to express ourselves.