Saturday Respite

ELIGIBILITY

- Age 60 years or older
- Low to moderate income
- Has mild to moderate dementia and/or memory loss
- D.C. resident (Priority given to those in Wards 7 & 8)
- Needs minimal assistance with prompting and/or cueing

For more information, please contact the Information & Referral/ Assistance (I&R/A) Unit at :

(202) 724-5626

What is Saturday Respite:

- This program gives a 4 hour break for caregivers of those with Alzheimer 's disease, and related disorders and people with dementia which included Intellectual/ Developmental Disabilities
- Participants engage in interactive and stimulating activities with other participants and program volunteers. Volunteers encourage and support active participation, socialization, recreation, and fun!

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