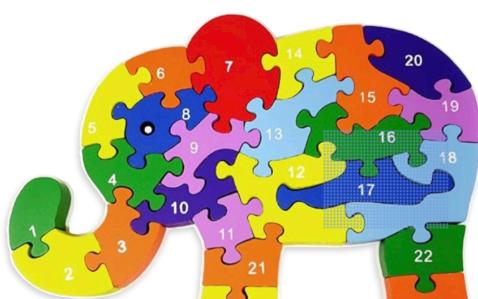


Information and restrictions

- Participants must
 - Be in mild to moderate stages of dementia.
 - Be socially engaging, able to participate in activities
 - Ambulatory - wheel chairs, walkers are acceptable.
 - Able to self administer medications. Volunteers can remind, but not assist
 - Must be continent, or able to self address toileting needs
 - Must be able to feed themselves, staff may help cut foods, but not feed
- There is a \$50.00 per day recommended donation. *No one will ever be turned away due to financial reasons!*

Support Group meeting
1st and 3rd Mondays
10:30



Starting 02/02/2026

Benefits of respite care

- **Care partner has the opportunity to:**
 - Rest
 - Set up appointments, doctor, dentist, hair
 - Social time with friends, lunch, movie, chit chat
 - Personal care - gym time, long bath, mental break
 - A voluntary support group meeting on first, third Mondays during respite
 - Just knowing that the respite time is 'my time'
- **Loved one with dementia**
 - Social time with old and new friends
 - Games, movement, laughing, fun
 - Time away from supervision of care partners, not being told what to do
 - No 'no's!'
- **Volunteers - this one is many times overlooked**
 - Change from day to day, out of the house
 - Social engagement, friends - old and new
 - Feeling of purpose
 - Discipleship

Mondays
10:00 - 2:00 PM

R Wave Respite

Aldersgate United Methodist Church
1320 Umstead Road, Durham, NC 27712

Family Life Center - AUMC

For more information visit:
www.aldersgate.org/r-wave-respite

DEMENTIA CARE PARTNER Respite



R Wave Respite

Aldersgate United Methodist Church
1320 Umstead Road, Durham, NC
27712

RWaveRespite@Aldersgate.org





Movement, crafts, games, music, friends, lunch

A sample day at R Wave Respite will be as follows:

- **10:00 - 10:45** - Welcoming, coffee and snacks, table assignments where the loved ones and volunteers will play games, work puzzles, do mentally stimulating construction projects.
- **10:50 - 11:15** - Light movement exercises, normally seated, physically appropriate
- **11:20 - 11:50** - Crafts, brain games, community service projects
- **12:00 - 12:30** - Hot lunch, served at table, social time
- **12:35 - 12:55** - Group games from table
- **1:00 - 1:30** - Movement, chair volleyball, seated hockey, fly swatter tennis
- **1:30 - 2:00** - Music, karaoke, dance, social time
- **2:00 PM** - Pick up by care partners

R WAVE RESPITE

R Wave Respite is a new ministry hosted by Aldersgate United Methodist Church to address a growing need in our community, dementia support. Dementias, such as Alzheimer's, Frontal Temporal, and Parkinson's, are a growing concern in all of society. Dementia is not prejudicial, it affects all equally. Giving care to friends living with dementia is extremely taxing on the care partner. **R Wave Respite** offers weekly respite to those care partners that may feel burned out, **R Wave** is an acronym for Respite, Welcome, Accept, Volunteer, Enrich.

SOCIAL ENGAGEMENT

OLD FRIENDS, NEW FRIENDS

Friendly competition in physically appropriate games
Music, singing, dancing



Friends

MENTALLY STIMULATING

GROUP GAMES - JEOPARDY, MUSIC BINGO
COMMUNITY PROJECTS - SAMARITAN'S PURSE SHOEBOX CHRISTMAS

Arts/Crafts - Holiday wreaths, paper mache flower bouquets for sanctuary, pumpkin spice muffins



Community Projects

Crafts

MOVEMENT

Light, appropriate, structured exercise
Movement games - chair volleyball, seated hockey, hand trampolines
Dancing encouraged



Dancing and smiling

Seated competition - FUN