Frequently Asked Questions

Who do I contact for details?

For further information and details contact: Gloria Benton at 919-731-1591 or 919-731-1595.

What is the cost of the program?

There is no cost for the program however, we do offer cost sharing opportunities.

When do you meet?

Monday, Wednesday, and Thursday

9:00-2:00

Where do we meet?

At the Peggy M. Seegars Senior Center 2001 E. Ash Street, Goldsboro, NC

Interested in being a volunteer?

Volunteering is one of the most rewarding gifts you can give to mankind. Our program is always searching for dedicated individuals willing to give of their time. Consistency for our participants is important, therefore, we are interested in volunteers that can make a commitment of time routinely.

Staff

- **Kathleen Ivey: 919-731-1608**
  Information and Options Counselor

- **Gloria Benton: 919-731-1595**
  Respite Program Coordinator

Ten Steps to Getting Help

1. Recognize that caregiving, like all jobs, is made up of lots of individual tasks, not all of which are of the same importance.

2. Understand that asking for help is a sign of strength and not of weakness.

3. List all of your caregiving related tasks that need to get done.

4. Group your list into categories

5. List your caregiving worries

6. Group your worries

7. Pat yourself on the back!

8. Review your lists with the intent of sorting the current items into 4 categories: Things you really think you can't hand off to some one else, those tasks you enjoy or which give you some satisfaction, responsibilities you really dislike or find difficult and miscellaneous items that just have to get done.

9. Show your list to a family member, a good friend, or your clergyman

10. Do it! Take a deep breath and actually ask someone to help.

Wayne County Services on Aging

PATHWAY OF HOPE

(Day Respite Program)

Peggy M Seegars
Senior Center
2001 East Ash Street
Goldsboro, NC 27530

Phone: 919-731-1591
Fax: 919-580-4024
www.waynegov.com

Services on Aging History

An Ordinance for a Council for the Aging was adopted by the Wayne County Board of Commissioners in July 1975.

The major goals of the council are:

- To encourage independence and promote happiness in older adults by promoting supportive services

- To advocate on behalf of elderly in social, political and economic areas

- To increase involvement in community affairs

- To function as a focal point of information on services available to senior citizens in Wayne County

Mission Statement

To enhance the lives of older adults through programs, services, and activities which encourage independence, involvement, and advocacy within the community.

Definition of Program

- Pathway of hope is a day respite program designed to help senior citizens of Wayne County and their families who are coping with Alzheimer's disease and other memory loss conditions.

- Our program provides temporary relief for caregivers, enabling them to meet personal needs and supporting their efforts to provide the majority of care for their family member.

- We offer participants unique opportunities for socialization and a variety of activities not available to them at home.

Qualifications

- Participants must be 60 years of age or older and a Wayne County resident.

Help for Participants

The program provides :

- Trained staff, and volunteers providing quality, reliable, and consistent care to all participants regardless of economic status.

- An opportunity for the participant to engage in short term activities that are designed to maximize their cognitive and social skills.

- A secure and safe setting for social and recreational activities that enhances quality of life.

- Snacks and a hot lunch served daily in a non-threatening, comfortable setting.

Help for Caregivers

- The program provides an outlet for the caregiver to feel comfortable taking time out from daily responsibilities to tend to such tasks as:

  - Run Errands
  - Go Shopping
  - Visit the Doctor
  - Volunteer
  - Relax and Re-energize