

Specialized Activity Programming

Is your client experiencing loneliness, apathy, or difficulty engaging due to health or cognitive changes?

THE HUMMINGBIRD PROJECT CAN HELP!

Our personalized Therapeutic Activity Program is designed to improve the quality of life of your clients AND their devoted caregivers. We offer both in-person and virtual activity sessions that help older adults facing cognitive changes find purpose, experience meaningful engagement, and unlock joyful moments, while supporting caregivers.



Music therapy, creative expression, legacy projects, special outings, sensory integration, technology training, Armchair travel, and much more!



WHO HIRES US?

Geriatric Care Managers, Fiduciaries, and Guardians seeking:

- Non-pharmacological ways to support wellness and enhanced quality of life
- Support for clients experiencing boredom, apathy, or loneliness—or those with emotional and behavioral issues resulting from changes in medical conditions, living situations, and other life circumstance
- Tools, training, and resources for care providers and family members so they can creatively engage with their clients/loved ones

TO LEARN MORE:

CALL (650) 777-7607
EMAIL hummingbird@sageeldercare.com
VISIT www.hummingbirdproject.net





HOW DOES IT WORK?

With decades of experience in eldercare, we understand the complexities facing those who serve an aging population. That's why we make the process of initiating services as easy as possible!

Step 1:

We hear your client's story.

Contact [The Hummingbird Project](#) for a complimentary consultation.



SCAN ME

Step 2:

We recommend a customized therapeutic activity plan based on your client's personality, life history, interests, and needs.

Step 3:

Your client is paired with a Therapeutic Activity Specialist, and you receive reports and photos detailing moments of connection and joy from the therapeutic activity sessions.

WHAT CAN YOU EXPECT FROM A THERAPEUTIC ACTIVITY SESSION?

Our highly trained Therapeutic Activity Specialists work with clients in their homes, in a larger care setting, or virtually through services like Zoom. Activity sessions last approximately two hours, focus on the **Seven Domains of Wellness** and are customized based on the individual's values, interests and unique abilities and strengths. A detailed report is provided after each session.



"My client, a retired physician with dementia, was feeling 'stuck.' She was bored and felt isolated. After working with the Hummingbird Activity Specialist, she really had a breakthrough. Now she feels she has purpose and looks forward to their sessions." —DON R. HUGHES, HUGHES FIDUCIARY SERVICES

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Join the Hummingbird Project

Virtual Engagement Program!

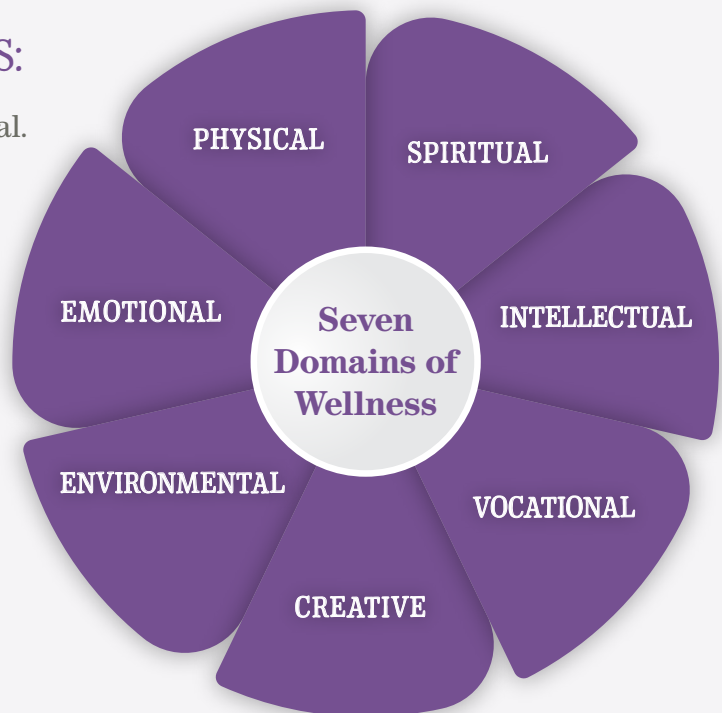
Are you or a loved one seeking meaningful and personalized connections to enhance overall well-being? Look no further! The Hummingbird Project invites you to embark on a transformative journey through our innovative Virtual Engagement Program.

We serve clients all over the world in the comfort of their personal space.

Our program is designed to provide support and enhance quality of life during significant life changes, including dementia diagnosis, recovery from Traumatic Brain Injury (TBI), and any experience causing isolation. Let us be your companions on the journey to a brighter and more fulfilling life.

TOGETHER WE'LL EXPLORE THE 7 DOMAINS OF WELLNESS:

- **Creative:** Unlock your artistic potential.
- **Intellectual:** Stimulate your mind with lifelong learning.
- **Physical:** Nurture your body with tailored activities.
- **Vocational:** Rediscover purpose through vocational engagement.
- **Emotional:** Connect with emotions through thoughtful exploration.
- **Environmental:** Foster a sense of belonging in your surroundings.
- **Spiritual:** Cultivate inner peace and reflection.



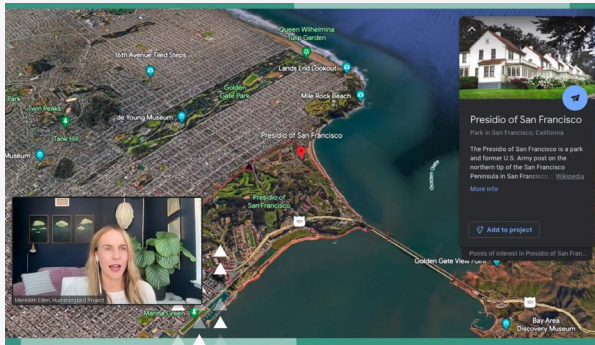
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TAILORED ENGAGEMENT TO FIT YOUR NEEDS:

Understanding that everyone is unique, our program offers customized engagement and connection based on your interests and logistical preferences. Choose from a variety of communication methods:

- **Telephone:** Engage in personal conversations with therapeutic activity specialists trained in promoting holistic quality of life.
- **Mailings:** Receive personalized packages to brighten your day and enhance one-on-one sessions.
- **Video Meetings on Zoom:** Connect virtually for face-to-face interactions.

ENGAGING PROJECTS FOR EVERY INTEREST:

- **Legacy or Blog Writing:** Share your stories and experiences.
- **Armchair Travel:** Explore the world from the comfort of your home
- **Lifelong Learning:** Stimulate your mind with educational activities.
- **Care Provider Support:** Receive assistance with hands-on projects.



Embrace Connection, Embrace Wellness! Discover a world of possibilities and empower your well-being with The Hummingbird Project!

Join the Virtual Engagement Program, today!

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