

Full Circle participant, caregiver focused

Jessica Bruha Transcript Staff | Posted: Monday, October 5, 2015 9:42 am

As kindergartners filed in, shaking the hands of participants Tuesday at the Full Circle Adult Day Center, smiles lit up several faces across the room.

The class, from Gingerbread Nursery School and Kindergarten, sang songs, giggled and even got some of the adults singing along and doing hand motions to “The Itsy Bitsy Spider”.

Intergenerational activities similar to this are just one thing Full Circle does to keep participants busy.

“We play games directed at cognition, making friends or keeping brain cells sharp. We exercise every day,” said Patricia Ingram, executive director of Full Circle. “We treat the whole body.”

Full Circle is the only adult day center in the state south of Moore. Ingram said aside from Norman, they serve Moore, Purcell, Noble, Lexington, Little Axe, Blanchard and anyone else who needs their assistance.

“We take care of people who maybe can’t or shouldn’t be home by themselves, and it can be just that they’re depressed,” Ingram said. “Sometimes they’re just a fall risk, but sometimes they have Parkinson’s or Alzheimer’s, dementia, a catastrophic accident like a stroke or a heart attack that has rendered them where it’d be better if they had someone to be with them all day.”

Even if an individual can take care of themselves, she said sometimes being home alone by themselves all day watching television isn’t healthy. Full Circle provides a place for them to get activity, make friends and have a good time, much like a senior center.

“All of our staff though, on the floor, are CNA’s,” she said.

Full Circle has been around for about 20 years. The nonprofit was the result of a local task force coming together to see what could be done to help caregivers. The day center is both caregiver and participant focused.

“We do the caregiving here all day for them, but it gives them a break so that they can go home and take a nap, they can continue work, so that they can just be themselves,” Ingram said.



Full Circle

A Full Circle Adult Day Center participant smiles Tuesday as he watches the Gingerbread kindergarten class sings several songs during an intergenerational event.

Not only does it get participants out of the house and keep them active and social, but Ingram said studies show it can help reduce stress in some caregivers.

“Studies show that if a dementia person comes at least two days a week for 90 days, it’s a 40 percent reduction in stress for the caregiver. That is amazing,” she said. “We actually help the whole community by keeping everyone home longer, keeping them active and vital members of the community for as long as possible.”

Going to Full Circle every day is something participants often look forward to, as well, Ingram said. Whether it’s getting up first thing in the morning and telling their caregiver they’re ready to head to Full Circle, or having family in town and still going in that day, Ingram said a lot of them enjoy it.

The staff reciprocates the feeling.

“It’s our family here,” Ingram said. “We all care about each other and develop relationships.”

For more information about Full Circle Adult Day Center, visit <http://fullcircleok.org>.