

# Mobility

Helping people move safely  
and more easily.

Daybreak takes pride in maintaining or improving the functional status of our program participants and addresses mobility issues in many ways:

## **Physical and Occupational Therapists:**

- *Provide restorative therapy to assist people in improving their mobility after a stroke, fracture or with a chronic disease.*
- *Assess individuals who have experienced falls or have balance issues to determine if any assistive equipment is needed, such as a cane or walker.*

## **Nursing Exercise Program:**

- *Maintains the functional level of at risk participants who have chronic diseases that impact their mobility.*

## **Therapeutic Recreation Program:**

- *Provides daily group fitness activities.*

## **Nutritional Services:**

- *As extra weight compromises mobility, our dietitian is available to help participants adopt a safe and healthy weight loss program under the direction of their physician.*

## **Case Management:**

- *A Daybreak social worker can assist with coordinating home modifications to address concerns and promote safe mobility.*

## **Transportation:**

- *To and from our program is coordinated by Daybreak staff.*
- *Escort service as well as wheelchair accessible vans are available to accommodate individual mobility limitations. Both Daybreak locations are wheelchair accessible.*



## **For more information, please contact:**

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*Open 8 am – 4 pm, six days a week*

**lorettocny.org**